



Renew
EMPLOYEE WELLNESS

JOURNEY TO RUNNING

A 3-Part Lunch & Learn series presented by Tidewater Orthopedic

Join Tidewater Orthopedic on a journey to discover the joys of running. This 3-part series will educate both the new and advanced runner on various running techniques.

Weekly discussions will cover:

- Static and dynamic stretching
- Strengthening exercises targeting muscles used in running
- Training tips to improve running pace
- How to develop a safe training program
- Management/prevention of running injuries

Wear comfortable clothes and bring sneakers. We understand it is during lunch, therefore, you should not get too sweaty.

Wednesdays @ 12:30pm

Dec 4, 11, & 18

Midtown Community Center

570 McLawhorne Dr. NN 23601

Visit www.nnva.gov/1557/Employee-Wellness-Programs for a list of upcoming events, and stay tuned to your e-mail for additional announcements.

Register for this class by visiting the 'Training Opportunities' tab in Munis Self Service.

For more information contact the city's Wellness Coordinator, Bettina L. Lee at 757-926-1831 or e-mail wellness@nnva.gov.