



IT STARTS WITH THE FEET – Footwear for exercise and how to avoid common injuries

Wednesday, August 15 | 5:30 p.m.

Hunt House Barn, Mercer Meadows
197 Blackwell Road, Pennington, NJ 08534.

Join DR. KIMBERLY LEVITT, board certified family medicine physician at Capital Health Primary Care – Quakerbridge; BRIAN ROSENER, manager of Princeton Running Company; and STEVEN BANKS, physical therapist from Capital Health's Rehabilitation Services Department to learn more about proper footwear for various exercises and how making the right choices can help avoid injuries. After, join DR. JILL YOUNG, board certified family medicine physician at Capital Health Primary Care – Quakerbridge and trustee of the Lawrence Hopewell Trail, who will lead a 2-3 mile hike into Mercer Meadows Pole Farm.

THIS EVENT IS FREE.

You must RSVP
to attend. To sign up,
call 609.394.4153.



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