

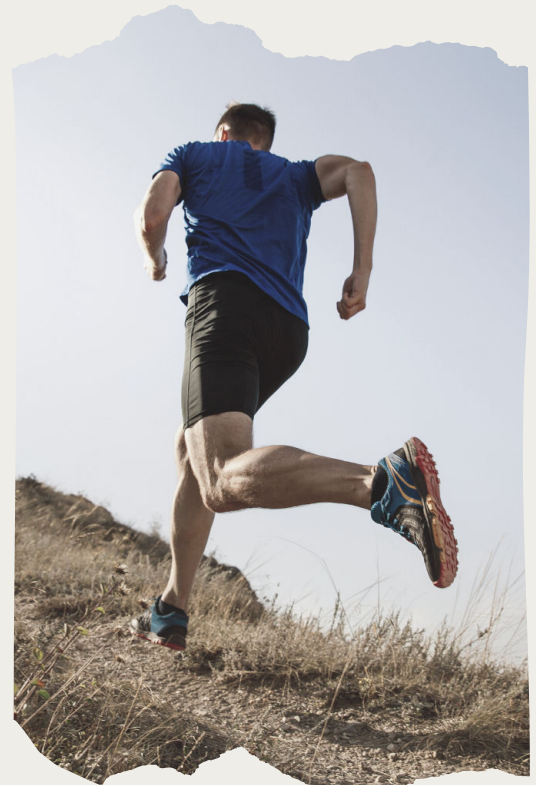
Cedar Point Wellness wants to help you STEP INTO SPRING



Looking to get back to
running as the
weather warms
up?

Want to address
aches and pains with
running?

Training for a goal or a race?



Come see us for a Runner Specific Evaluation:

A Thorough Discussion of Your Injury, Training History,
and Goals

Running Specific Mobility, Strength, and Movement Testing

Video Analysis of Running Mechanics

Individualized Strength and Running Recommendations

Led by Katie Wilhelm, PT, DPT, OCS, CSCS
Doctor of Physical Therapy
Certified Running Gait Analyst

*Insurance and cash pay options available