



Feel the freedom that comes from getting back to the things you love.

Find your strength.



Spaulding Runners IN Training (SPRINT)

Interested in beginning or improving your running skills after experiencing a brain injury or stroke? Join Spaulding Network clinicians and knowledgeable volunteers for our **SPRINT** Program. During this 10-week, group-based clinic, you will participate in drills and exercises that are specific to your ability levels and designed to help return your body and mind to a healthy and safe running pattern.

Requirements: Ability to independently ambulate community distances.

WHEN
 10 Week Session
 Thursdays, 6–7PM
 September 21–December 7 (November 23rd off)

LOCATION
 Quincy YMCA
 79 Coddington St
 Quincy, MA 02169
(meet in the field house)

COST
 \$50 for 10 sessions

Potential runners should visit <https://sasc.spauldingrehab.org> or call 877.976.7272 to sign up.

Prospective volunteers should email **Theresa Wappett** at twappett@partners.org as well as sign up using <https://sasc.spauldingrehab.org/join.aspx>. Non-partners employees will need to fill out a CORI form that is located within the database.

Thank you to the South Shore YMCA for their collaboration on this program.



www.spauldingrehab.org

Spots are limited. To register or for questions, call [877.976.7272](tel:8779767272) or email Sara Carper at scarper@partners.org