



# Talks At Tamarack

Thursday April 29 7:00 – 9:00 p.m.

**“A Runner’s Marathon Recovery Plan”**

**Robert Wayner, DPT**

**Q&A and Discussion following**

**Suggestion donation of \$5 to \$10 at the door**

Running a marathon can be stressful on the musculoskeletal system. This talk is designed to instruct the runner in all aspects of post-marathon recovery in order to prepare the body for their next event. Dr. Wayner will go over what to do immediately after the race, as well as the following weeks after a marathon to maximize recovery and when it is okay to start training again and how to progress back to your normal routine.

Robert Wayner received his doctor of physical therapy degree in 2008 from Ohio University, where he served as president of his class. Robert also earned his undergraduate degree in exercise physiology from Ohio University.

Call 683 - 7506  
Or Visit [www.tamarackwellness.org](http://www.tamarackwellness.org)  
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