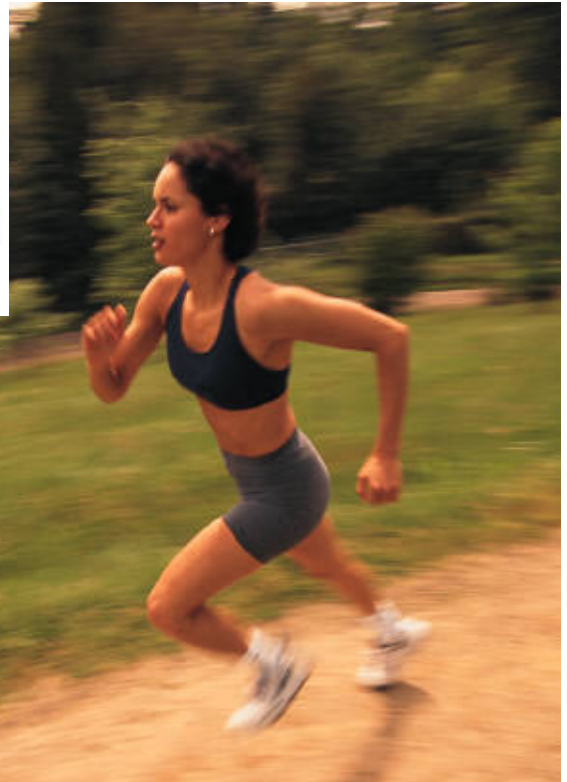




Since 1952

# Therapeutic Associates PHYSICAL THERAPY



## Instructors:

Holly Paquette, MS  
ACSM Certified Trainer  
Avid runner

Jessica Smith-Blockley, DPT  
Doctor of Physical Therapy  
Board Certified Orthopedic Specialist  
Certified Strength & Conditioning Specialist

# Run Strong

## Strength Training for Runners

### Where:

Therapeutic Associates  
Boise Physical Therapy  
1520 W State St, Ste 210

### When:

Wednesdays 6:30-7:30pm  
February 24 - April 14

Cost: \$50 for 8 sessions

Registration Required:  
208.336.8433  
boiseptstate@taiweb.com

Appropriate strength training can:

- Increase running efficiency
- Decrease injury risk
- Improve muscular endurance
- Increase speed and power

*Take your running to the next level!*