

## Susan Holden

**From:** Surviving Strong [susan@survivingstrong.org]  
**Sent:** Monday, December 28, 2009 7:00 AM  
**To:** susan@survivingstrong.org  
**Subject:** Building a Strong Foundation - 01/09/10

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## Surviving Strong News Flash

December 28, 2009

There is still time to join our team for the UNITE Half Marathon in April 2010.

If you have not already done so, please complete the [on-line registration form](#) for participating with our team. Even if you have registered directly for this race, you must register with Surviving Strong.

Please forward this to your friends and family who will be joining you (once they register they will be added to our mailing list for race & training updates.)

Thank you!

Susan

### UNITE Half Marathon - Training

Our first seminar in preparation for the UNITE Half Marathon has been scheduled. Join us on Saturday, January 9th for "Building a Strong Foundation."

Dr. Chris Sepanski will help you understand the importance of stabilization in preventing injuries. A computerized baseline analysis will be completed for each participant. Your feet are your foundation and if not properly supported can result in postural problems throughout your body. Come away understanding what type of arches you have, if you pronate and what it means for you and your path to better fitness and injury prevention.

After understanding what your feet are doing, we will go through a series of stability assessments for your total body. These simple exercises will help you become better in tune with your posture and your movements. These assessments will also help identify any current imbalances that you may have and we will review corrective exercises and proper stretching.

Program is free to all Surviving Strong members and to all Surviving Strong UNITE participants.

[RSVP is REQUIRED by January 7, 2010.](#)

### Coming in 2010

We have some great things happening in 2010. In the next few weeks, we will be letting you know more about our Board Members, introducing you to a 3x cancer survivor who is undertaking an amazing adventure and sharing the details with you, scheduling fun and informative programming and inspiring you with additional stories of strength.

Stay tuned!



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