

MAY - OCT

**MULTI-  
DISCIPLINARY  
EDUCATION  
SERIES**

**FREE  
TICKETS**

**POWERED  
BY ACA**

**HOSTED BY  
TAKE FLIGHT &  
THE  
BREATHING  
PHYSIO**

**PERFORMANCE MEETS  
WELLNESS SERIES**

FOR MORE INFORMATION PLEASE CONTACT:

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# Performance Meets Wellness

*Series presented by Take Flight & The Breathing Physio*

MAY  
17TH

## **SPRINT BIOMECHANICS & RELAY FUN RUN**

WITH NZ HEPTATHLON CHAMP & LSKD ATHLETE, BRIANA STEPHENSON

SATURDAY 12 - 1:30PM AT MT SMART

JUNE  
14TH

## **BREATHING RETRAINING WORKSHOP**

WITH SENIOR RESPIRATORY PHYSIOTHERAPIST, ABBY STEWART

SATURDAY 12 - 1:30PM AT MT SMART

JULY  
9TH

## **NUTRITION DEVELOPMENT WORKSHOP**

WITH NZ REP HIGH JUMPER & NUTRITIONIST, KEELY O'HAGEN

WEDNESDAY 6 - 8PM AT MT SMART

MORE EVENT DATES AND SPEAKERS TO BE CONFIRMED...