Springing into Action: Running Injury Prevention

*Tips to help put your best feet forward this season!*

**A public lecture featuring Agnes Makowski**

Chief Physiotherapist for Skate Canada

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**Date:** Thursday May 11, 2017  
**Time:** 5:30-7:00 pm  
**Location:** 500 University Avenue, Toronto, Room 140  
**Cost:** $11 ($5 for students and seniors)  
Visit www.physicaltherapy.utoronto.ca to learn more and register!

Agnes is a difference-maker in the lives of active individuals of all abilities, within the areas of injury prevention, exercise medicine, musculoskeletal health and sport physiotherapy.

Passionate about the role of physiotherapy in sport, Agnes has contributed to the Health Sciences Teams at the Olympic and Paralympic Games. She currently serves as the Chief Physiotherapist for Skate Canada and contributes to the Integrated Support Teams (ISTs) of Gymnastics Canada and Wheelchair Basketball Canada. Agnes will also be providing Sport Physiotherapy Leadership to the Wheelchair Basketball Venue at the 2017 Invictus Games in Toronto this fall.