LUNCH-N-LEARN

TOPIC:
BUYING THE RIGHT RUNNING SHOES

SPEAKER: GRANT CATLOTH
CO-OWNER OF AD ASTRA RUNNING

A WELLNESS EVENT
WED. FEB. 3RD | 12:10 - 1:10 PM
LOCATION: KANSAS UNION, PINE RM

A Lunch-N-Learn is a brown bag lunch where a presenter will be focusing on an aspect of the Eight Dimensions of Wellness. Event is open to Students, Faculty, and Staff.

Membership is not required.

Attendees will receive a $15 off shoes coupon!
Employees can self-report 1 point to HealthQuest

- Understand the importance of proper fitting shoes.
- Learn what shoe is best for your feet.
- Learn common shoe-buying mistakes
- Understand the difference between minimalist and more protective shoes