

**CROSS COUNTRY COACHES CLINIC**  
**FOR LOWER LEG INJURY PREVENTION AND REHAB**

**PRESENTED BY**

**EDWARD FRYMAN, DPM, PLLC**  
**SAMANTHA J.RATNER, DPM, AACFAS**  
*SEAFORD FOOT CARE CENTER*

**WILLIAM SCHWARZ, DPT**  
**WILLIAM VANVYNCK, PT, ATC**  
*LONG ISLAND PHYSICAL THERAPY*

**WEDNESDAY AUGUST 21<sup>ST</sup>**

**7:00 PM**

**NASSAU BOCES – 71 CLINTON RD, GARDEN CITY, 11530**

**AS CROSS COUNTRY COACHES, THESE TOPICS ARE ESPECIALLY IMPORTANT!**

**THE PRESENTORS COME HIGHLY RECOMMENDED FROM THE RUNNING  
COMMUNITY**

**THE EVENING WILL INCLUDE A SHORT PRESENTATION AND A QUESTION AND  
ANSWER SESSION**

**THERE IS NO FEE FOR THIS INFORMATIVE CLINIC!**