

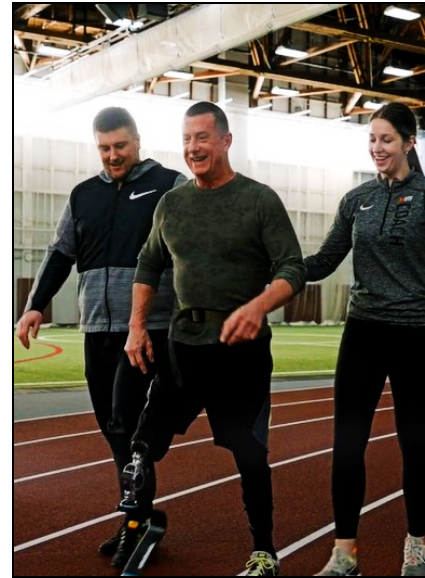


Join us at the Twin Cities Area Wiggle Your Toes Mobility Clinic!

We welcome you to attend our free and inclusive adaptive fitness event series for individuals with mobility impairment! *All ambulatory levels are welcome within our community and at our events.*

Register now using the QR Code below!

Questions? Contact the clinic at (952) 240-0674.



What Is it? A clinic offering focused sessions for those wanting to increase their general levels of mobility, as well adaptive strength & track workouts for those seeking to increase their athleticism.

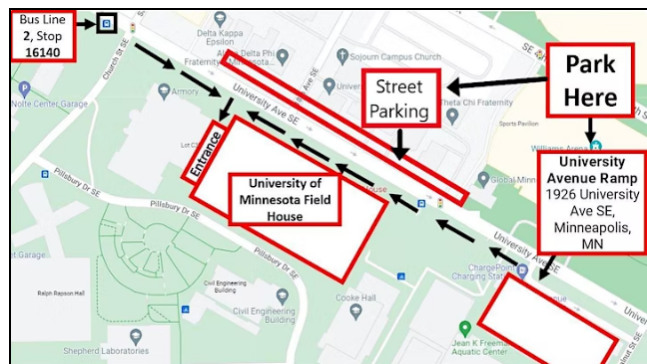
New amputees are encouraged to come, sit and observe the clinic! Those wishing to simply walk the track are also welcome.

When is it? Clinics are held on Sundays from 8:30-10:30 am, with *4/7 as race day

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|----------------|----------------|----------------|
| • Sun, Dec. 10 | • Sun, Dec. 17 | • Sun, Jan. 14 |
| • Sun, Jan. 21 | • Sun, Jan. 28 | • Sun, Feb. 4 |
| • Sun, Feb. 11 | • Sun, Feb. 18 | • Sun, Feb. 25 |
| • Sun, Mar. 3 | • Sun, Mar. 10 | • Sun, Mar. 17 |
| • Sun, Mar. 24 | • Sun, Mar. 31 | • Sun, Apr. 7* |

**Optional Race Day Event*

Where is it? **University of Minnesota Field House**
The Field House is located on the University of Minnesota Campus at 1800 University Avenue Southeast, Minneapolis, MN. Enter off of University Avenue, across the street from 18th Avenue Southeast. Street and ramp parking are available.



Register
Now!

