Prevea Pints & Pointers: Getting ready for your race
Wednesday, Jan. 16

Green Bay – Prevea Health will host Prevea Pints & Pointers: Getting ready for your race on Wednesday, Jan. 16 at Titletown Brewing Company Tap Room to help runners prepare for the Cellcom Green Bay Marathon.

Veteran marathon runner, Callie Bartel, will discuss the ins and outs of half and full marathon training. The interactive discussion will cover the proper way to train using tempo and hill runs, and strength training. Callie will even get participants moving with some of her favorite exercises and stretches that can help prevent injury during training. Attendees should dress appropriately to participate in specific exercises.

Prevea Pints & Pointers: Getting ready for your race
- 6 to 7 p.m.
- Wednesday, Jan. 16
- Titletown Brewing Company Tap Room, 320 N. Broadway, Green Bay

Prevea Pints & Pointers is a free educational series with expert speakers offering tips and answering questions about running and preparing for the Cellcom Green Bay Marathon. Events take place at Titletown Brewing Company so participants can relax, enjoy refreshments, mingle and learn from fellow runners. All abilities are welcome – from first time half marathoners to veteran full marathoners.

For more information about Prevea Pints & Pointers, as well as other Prevea Health resources that will help prepare participants for Cellcom Green Bay Marathon events, visit: www.prevea.com/cellcom

###

About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare
Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit www.prevea.com.

About Cellcom Green Bay Marathon
The 20th annual Cellcom Green Bay Marathon will take place May 18-19, 2019. Over the past 19 years, the race has generated over $1.4 million in proceeds for local charities. For more information, visit www.cellcomgreenbaymarathon.com.