Prevea Pints & Pointers: Strength training for runners
Wednesday, Feb. 6

Green Bay – Prevea Health will host Prevea Pints & Pointers: Strength training for runners on Wednesday, Feb. 6 at Titletown Brewing Company Tap Room to help runners prepare for the Cellcom Green Bay Marathon.

Prevea Strength and Conditioning Coaches for UW-Green Bay Athletics, Brandon Schlotthauer and Ryan Immel, will lead an interactive panel discussion on common strength and conditioning practices runners can benefit from in preparation for a full or half marathon. Runners should bring their questions and concerns in preparation for a detailed discussion, and be ready to move during this session!

Prevea Pints & Pointers: Strength training for runners
- 6 to 7 p.m.
- Wednesday, Feb. 6
- 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 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](http://www.prevea.com/cellcom)

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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](http://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](http://www.cellcomgreenbaymarathon.com).