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Media Contact:

Angela Deja
Public Relations coordinator
(920) 272-3360
angela.deja@prevea.com



Prevea Pints & Pointers: Working the right muscles to run

Tuesday, Feb. 4

Green Bay – Prevea Health will host *Prevea Pints & Pointers: Working the right muscles to run* on Tuesday, Feb. 4 at **Badger State Brewing Company** in Green Bay to help runners prepare for the Cellcom Green Bay Marathon.

Participants should come prepared to work out! Eric Gorder, the Prevea Luv2Run Director and a personal trainer, will lead participants through exercises to activate and strengthen the right muscles to help them run faster and move better.

Prevea Pints & Pointers: Working the right muscles to run

- 6 to 7 p.m.
- Tuesday, Feb. 4
- Badger State Brewing Company, 990 Tony Canadeo Run, 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 Badger State 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

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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.

About Cellcom Green Bay Marathon

The 21st annual Cellcom Green Bay Marathon will take place May 16-17, 2020. Over the past 20 years, the race has generated over \$1.5 million in proceeds for local charities. For more information, visit www.cellcomgreenbaymarathon.com.