

# FREE SPORTS INJURY WALK-IN CLINIC KALAMAZOO AREA RUNNERS (KAR)

## Meet Our Athletic Trainers



**Jeff Willson, MS, ATC**  
Michigan Licensed. Certified  
Athletic Trainer since 1978.



**Heather Sjoquist, MS, ATC**  
Michigan Licensed. Certified  
Athletic Trainer and Certified  
Strength and Conditioning  
Specialist since 2006.

Do you have an injury from running, exercising, or training for an upcoming race? We can help.

**Visit us on the 3<sup>rd</sup> Thursday of each month!**

Time: 4 p.m. to 6 p.m.  
Open to KAR members

**Location:**  
**Bronson Athletic Club**

6789 Elm Valley Drive, Kalamazoo



## On-site services:

- No appointments are necessary as athletes are seen on a walk-in basis. Please call, in advanced, **(269) 341-8280**, to let us know you will be visiting the clinic.
- Evaluation of a sport or exercise-related injury
- Recommendations for exercise, stretching techniques, or use of other reconditioning methods
- Consultation with your personal trainer or coach
- If necessary, assistance with physician referrals

## Questions?

Call **(269) 330-2747** or **(269) 808-0041**.

