Foothills Branch Library and Midwestern University present:
Community Health Lecture Series 2013

The Mercury Syndrome:
The Need to Run

Presented by Ruchi Bhargava, Ph.D.,
Assistant Professor, Clinical
Psychology, Midwestern University

Running is not just a physical exercise – most avid runners will tell you that it is also an exercise of the mind. Dr. Bhargava will explore the relationship between the mind and body for runners and why running can become more than a simple workout. Topics will range from the psychology of casual running to “ultra marathons” of 30 miles or more! Dr. Bhargava’s special guest will be Alex Kaine, winner of the Tahoe Rim Trail 50-Mile Endurance Run.

For more information, please call 623-930-3868, or visit us at www.glendaleaz.com/library

Tuesday, June 18, 2013
at 6:30 p.m.
in the Roadrunner Room

For special accommodations, call 623-930-3844. Hearing impaired, call TDD at 623-842-3760.

Foothills Branch Library 19055 N. 57th Ave. Glendale, AZ