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**Prevea Pints & Pointers Series Begins Feb. 2**  
**In conjunction with the Cellcom Green Bay Marathon**

FOR IMMEDIATE RELEASE

GREEN BAY, Wis. —*January 26, 2011*—It takes more than a good pair of shoes to run a marathon. The body and mind need to be in proper shape to go the distance and avoid injury. How do you prepare yourself? Join us at Prevea Pints & Pointers to find out.

Prevea Pints & Pointers is a free educational series where expert speakers offer tips and answer questions about running to help prepare runners for the Cellcom Green Bay Marathon or other long distance running events. Members of the Prevea Health Sports Medicine team and Cellcom Green Bay Marathon are on hand at each event to help answer questions. Most events take place at Titledown Brewing Co. 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.

*Staying Strong through Training* is the first event in the series (pointers only—no pints) on Wednesday, February 2 from 7 to 8 p.m. at Parkview Middle School, 955 Willard Drive, Ashwaubenon. At this session, Prevea Sports Medicine performance enhancement specialists and licensed athletic trainers will show runners a few exercises that will strengthen their entire body and may help reduce injuries. Runners are reminded to wear workout clothes and running shoes for this interactive session.

The remaining sessions are at Titledown Brewing Co., 200 Dousman Street, from 7 p.m. to 8 p.m.:

- March 2      First Timer’s Session (AKA, There Are No Dumb Questions!)
- April 7      Nutrition for Runners
- May 5        You Have to Believe

For more information on Prevea Pints & Pointers, visit [www.prevea.com/pints\\_and\\_pointers.nws](http://www.prevea.com/pints_and_pointers.nws)

Prevea Health’s mission is to care for people with passion, pride, and respect. Founded in 1996, Prevea Health partners with St. Mary’s and St. Vincent Hospitals in Green Bay, and St. Nicholas Hospital in Sheboygan to provide access to more than 200 providers in over 50 specialty areas. Prevea’s 20 locations are throughout metropolitan Green Bay and in Luxemburg, Kewaunee, Marinette, Oconto, Plymouth, Pulaski, Seymour, Sheboygan and Sturgeon Bay. Visit [www.prevea.com](http://www.prevea.com) for more information.

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