

Bridgetown PT will have a booth at the "Shadow Run" 5k fun run hosted by a new running group called Run Portland. This free event takes place at Lincoln High School at 6:30 on Tuesday, January 19th with the course running through SW & NW neighborhoods.

Services will be provided by our newest physical therapist, Darla Phillips and will include stretching and massage for any aches and pains acquired during the run!

More information about the run can be found at Run Portland's website and facebook page.