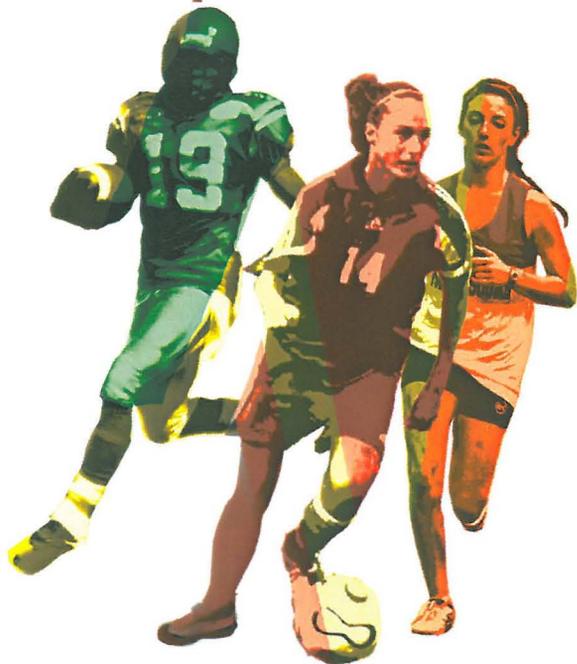


St. Mary Medical Center presents

INJURY PREVENTION AND PERFORMANCE IMPROVEMENT PROGRAM for Fall Sports: Football, Soccer & Cross Country



**Friday – June 11, 2010
6 – 8 p.m.**

Sheraton Bucks County Hotel
400 Oxford Valley Road, Langhorne

Registration required 215.710.5888

St. Mary Medical Center designed this free injury prevention program to help educate coaches, athletes, and parents in preparation for fall sports.

www.StMaryHealthcare.org

Dinner and Meet the Experts 6 – 6:30 p.m. Program Begins at 6:30 p.m.

Off-Season Power Training

Joe Fisher
Certified Strength & Conditioning Specialist

Prevention of ACL Injury: Keeping Her in the Game

Margaret Kaminska
Certified Strength & Conditioning Specialist

Preventing Ankle Sprains

Dr. Richard Cautilli Jr.
Board-Certified, Orthopedic Surgeon & Sports Medicine Specialist

Did I Have A Concussion? How to Recognize Signs & Symptoms from Both an Athlete's & Parent's Perspective

Dr. George Stollsteimer
Board-Certified, Orthopedic Surgeon & Sports Medicine Specialist

Head, Neck & Shoulder Injuries and Protective Equipment

Bryan Schendlinger
Athletic Trainer, Neshaminy High School

**Sports Team with the greatest attendance at this program will receive
A CUSTOMIZED NUTRITION PROGRAM!**