

STAY INJURY FREE THIS SUMMER!

# SPORTS INJURY PREVENTION WORKSHOP

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— St. Louis —  
CONCIERGE P.T.  
— And Wellness —

*Get Active, Have Fun, Make Friends*

**WHO:** ALL RESIDENTS, ALL LEVELS

**WHAT:** LEARN TO PREVENT SPORTS INJURIES OF ALL TYPES

**WHERE:** BALLROOM

**WHEN:** THURSDAY, JUNE 12 AT 10 AM

**HOW:** WEAR COMFY CLOTHES AND BRING A WATER BOTTLE

**FREE, but please  
REGISTER by  
6/10.**

**BROUGHT TO YOU BY ST. LOUIS CONCIERGE P.T. AND WELLNESS**

