

Free Event: Schooled on Wellness

Safety First - Preventing Sports Injuries and Concussions



Sports participation offers many physical and social benefits to students - but also exposes them to injury risks ranging from minor scrapes to serious head or spine injuries. More than 2.6 million children under the age of 19 receive emergency treatment each year for sports and recreation-related injuries.

Learn about sports injuries that are most common - on the field and on the court - at this free event. A Sharp Rees-Stealy doctor will offer tips on how to prevent sports injuries from happening - and how to treat them if they do. You'll also have the chance to ask questions and get health information at various booths.

Location: Pacific Trails Middle School
5975 Village Center Loop Road
San Diego, 92130

Date: Wednesday, Jan. 11

Time: 6 to 7:30 pm

Registration: www.sharp.com/schooledonwellness
or call 1-800-82-SHARP

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