

HEALTH & FITNESS FOR LIFE



FIRST SESSION

**Saturday
14 April**

PREVENTING SPORTS INJURIES IN THE GROWING YEARS (8-16)

Join renowned Orthopaedic Surgeon, Dr Ed Bateman; Sports Physician, Dr Jonathan King; and Sports and Musculoskeletal Physiotherapists, Matt Cranney and Craig Paulsen; for an informative session on sports injury prevention in children and teenagers.

The program will include a presentation from the four specialists, followed by a Sports Injury Prevention Clinic offering assessments and training pathways from qualified, local Physiotherapists.

When: Saturday 14 April, 1:00pm to 4:00pm
Where: ONE Martial Arts, 12 Kurrawyba Avenue, Terrigal
Cost: \$25 for one child and their parents; \$50 for families
Bookings: <https://goo.gl/B6ekAw>

*Bookings are strictly limited to 100 attendees. Entry includes access to the education session, a Sports Injury assessment for each attendee, and complimentary afternoon tea. Participants must wear comfortable clothes suitable for the assessment, including t-shirt, shorts and running shoes.



Gosford Private
JOINT & BONE CENTRE



COSI
Coastal Orthopaedics
& Sports Injuries