



SPORTIKA



in conjunction with

Johnson & Johnson

*Presents A **FREE** Special Program*

Sports Training and Injury Prevention

Wednesday, July 13, 2016

6pm to 8pm

Freehold Location



A Sports Medicine doctor will conduct a 15 minute presentation about **Sports Injury Prevention and Concussion Awareness** geared toward the ages of 14 and up. Something as simple as a proper stretch and warm up can prevent many injuries as well as proper safety equipment and fit. Early action when an injury occurs may prevent a more serious injury.

Participate in **THREE Stations of Baseball "Camps"**

Hitting Field Training Pitching

There will also be a station where ultrasounds will be performed to diagnosis any current issues and Physical Therapists providing guidelines and proper stretching techniques to reduce sports related injuries.

ALL participants will receive a Tee Shirt, Goody Bag and Snacks!

To register and for more information, contact

sportika@sportikasports.com or call 732-577-1745