

SAFE KIDS Coaches Seminar

Preventing ACL Injuries in Female Athletes

Free program designed for coaches
and female athletes

Two sessions available:

Thursday, September 30, 6:30 to 8:30 p.m.

**Buckingham Township Building
4613 Hughesian Drive, Buckingham, PA**

or

Monday, October 18, 6:30 to 8:30 p.m.

**Upper Southampton Township Building
939 East Street Road, Southampton, PA**



Participants will learn and complete the PEP (Prevent injury, Enhance Performance) program, a highly specific 15-minute training session that replaces the traditional warm-up to decrease ACL injuries in female athletes.

To register, please call Lisa Senick at 215.710.5900

or e-mail lsenick@stmaryhealthcare.org

by Monday, September 27.

