



FREE EDUCATIONAL TALK

Sports Injury Prevention for Youth and Teens

*by orthopedic surgeon Alan Lee, MD,
specializing in sports medicine at USC Arcadia Hospital*

 **Saturday, August 9**

 **10:15 to 11:30 a.m.**

 **Santa Anita Family YMCA
501 Mountain Ave,
Monrovia**



**To register,
scan the QR code**



Join us for an interactive educational session with USC Arcadia Hospital orthopedic surgeon Alan Lee, MD, tailored to children and young athletes! Find out how to stay strong, safe, and injury-free while practicing your favorite sports and exercises. Throughout the presentation, Dr. Lee will share tips for stretching, training, and recognizing early injury warning signs.

Free Physician Referral
888-388-2838
www.uscarcadiahospital.org

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