



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

Sports Medicine Center for Young Athletes

744 52nd St., Oakland, CA 94609 • 510-428-3558 • www.childrenshospitaloakland.org

Sports Nutrition: Fueling the Furnace

Monday, October 26, 2009

7:00 p.m. – 8:00 p.m.

Outpatient Center Auditorium

744 52nd St., Oakland, Ca. 94609

Children's Hospital & Research Center Oakland

Guest Speaker:

Bruce Valentine, PTA, ATC

Program Manager, Athletic Training Services

Physical Therapist Asst., Certified Athletic Trainer

Sports Medicine Center for Young Athletes

RSVP:

Sports Medicine Center, 510-428-3558, option 3

Please reserve your space as seating is limited.

Q&A to follow: *Athletes, parents, and coaches are invited to interact with the Sports Medicine Team in a Question & Answer session that follows the presentation.*



Upcoming Seminars:

11/09- *Rowing: How to take the pain out of your stroke*

More details about our Sports Medicine Center for Young Athletes can be found at www.childrenshospitaloakland.org or call the Sports Medicine Center at 510-428-3558