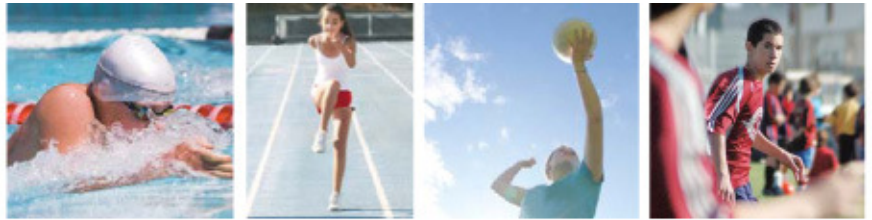




CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

Sports Medicine Center for Young Athletes

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

Free Community Lecture

Strength Training for the Young Athlete:

Wednesday Sept 16, 2009

6:00 p.m. - 7:00 p.m.

Children's Hospital Oakland
Modesto Specialty Care Center
4016 Dale Rd., Modesto, Ca 95356

Guest Speaker:

David Arakawa, P.T., YFS II, CSCS

Physical Therapist

Youth Fitness Specialist II

Certified Strength and Conditioning Specialist

Sports Medicine Center for Young Athletes



Seating is limited. Please reserve your space.

Athletes, parents and coaches are invited to interact with the Sports Medicine Team in a Question & Answer session

Upcoming Lecture:

October: How your core can give you more

More details about our Sports Medicine Center for Young Athletes can be found at www.childrenshospitaloakland.org or call the Sports Medicine Center at 209-543-3210