



Winter Sports Clinic- Getting Ready

AN INFORMATIVE CLINIC ON WINTER SPORTS WHICH INCLUDE:
SNOW-BOARDING, ALPINE AND NORDIC SKIING AND SNOW-SHOEING

This clinic is being taught by Dr. John Keohane, Orthopedic Physician, Christin Anderson MS, Exercise Physiologist and REI Winter Sports Specialist Jeremiah Johansen.

The clinic will highlight pre-conditioning, injury prevention, most common injuries, equipment/clothing, energy dense foods, and resources on best areas for novice, intermediate and advanced abilities AND best means of obtaining good equipment.

Join us so you can get started on your Winter sports fun.
Please RSVP at 925-7074. Bring your friends and family.

Tuesday , January 25
4:00 pm to 5:00 pm
Marin General Hospital
Conference Center

REI will be distributing
special 15% discount
coupons for all who attend!