



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WE CAN HELP YOU COPE WITH INJURY

HEALTH, WELL-BEING & FITNESS

Injury Clinic

Description: This multi part lecture will help all participants gain a better understanding of coping with injuries in a healthy way.

Date: November 23—Low Back Injuries (John Aldridge MD)
December 14—Increasing Balance (Travis Jacques PT)

Time: 12PM—1PM

Cost: FREE

VICTORY FAMILY YMCA

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