



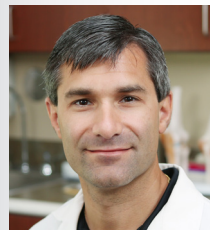
## Keeping Your Adolescent Athlete Healthy

Sports offer great benefits to an adolescent's health and emotional well-being, but if training is not properly taught injuries can quickly overcome the positive reasons for doing it in the first place. Join Dr. Mark Zunkiewicz, orthopedic surgeon from Premier Orthopedics, to learn how to help manage your youth athlete's health this fall sports season. He will cover the importance of sleep recovery, stretching, strength training, and consuming enough calories. He will also discuss the risk of overuse injuries and when to seek treatment.

**Wednesday, September 6**  
7 p.m.

**Up & Running**  
12 S Market St.  
Troy, Ohio

 **Premier Health**  
Premier Physician Network



**Dr. Zunkiewicz**

Dr. Mark Zunkiewicz is a board certified orthopedic surgeon specializing in sports medicine. He is the team physician for several area high schools and is also involved in Boy Scouts of America, serving on the Miami Valley Council Executive Board. Additionally, Dr. Zunkiewicz is one of three physicians who represents the State of Ohio on the Council of Delegates for the American Orthopaedic Society for Sports Medicine (AOSSM). He sees patients in his Troy office.

