



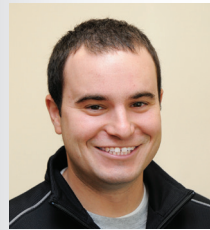
Keeping Your Adolescent Athlete Healthy

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 Greg Bozeka, AT 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
6123 Far Hills Ave.
Dayton, Ohio

 **Premier Health**
Premier Physician Network



Greg Bozeka, AT, ATC, ITAT

Greg Bozeka is a certified and licensed athletic trainer. He works with athletes in football, soccer, cross country, volleyball, basketball, wrestling, cheerleading, baseball, softball, lacrosse and track. Additionally, he sees patients of all ages, athletes and non-athletes, for a variety of orthopedic health care needs. Greg is certified by the National Athletic Training Association Board of Certification and Licensed by the State of Ohio OTPTAT board. He is also a Certified ImPACT® Trained Athletic Trainer.

