



Plan a Good Defense for Your Health

*A Free Sports Health Seminar Presented by
Mountainside Hospital*

Saturday, February 4 , 10:00 a.m. to 1:00 p.m.

Mountainside Hospital's School of Nursing

1 Bay Avenue, Montclair, NJ



Have you put your health on the sidelines?

If so, join us for a BBQ tailgate to learn about sports medicine and what athletes of all ages need to know in order to stay in the game.

Guest Appearance

Jim Axelrod

CBS National News Correspondent

Author, "In the Long Run"

Sessions

- Strengthening Your Core for Physical Fitness
- Concussions in Young Athletes
- Heart Health for Men and Women
- Prostate Cancer Prevention and Treatment
- Robotic Surgery Demonstration with the DaVinci Robot
- When to go to the Emergency Department for a Sports Injury

Screenings

Body Mass Index (BMI), Waist Circumference, Baseline Concussion Exams & Prostate (PSA).

To RSVP, email megan.voytus@mountainsidehosp.com or call 973-429-6964.

For more information, visit www.mountainsidehosp.com/sportshealth

Wear your favorite team jersey. Families with young athletes are encouraged to attend!

Mountainside Hospital supports local sports teams. The team with the most representation will have a chance to score awesome prizes!

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