

THE Healthy ATHLETE

Mercer Health and Community Sports & Therapy Center have teamed up to create an educational series designed with THE Healthy ATHLETE in mind - focusing on injury prevention, performance enhancement and overall health of athletes of all sports.

What: A 4-week educational series to promote healthy athletes and performance enhancement of the **Fall Sport athlete**

Week 1: Injury Prevention and the Healthy Athlete

Week 2: Nutrition Needs and Pre & Post Game Fuelings

Week 3: Maximizing Athletic Performance

Week 4: Supplements & Hydration Guidelines

Who: Athletes, Parents, Coaches, Trainers, or anyone interested in learning more

When: June 5, 12, 19, & 26

Sessions each last approximately 1 hour

6:00pm: Junior High Athletes and younger
OR

7:15pm: High School Athletes and older

Where: Mercer Health Luken Meeting Room,
800 W. Main St. Coldwater, OH

Education Fee: \$100 per 4-week session,
per coach or family



Presented By:



To register for **THE Healthy ATHLETE** Series, please complete the registration form below and submit with your education fee by May 25, 2019 to:

Healthy Athlete Series, c/o Mandy Wendel • 830 W. Main St., Coldwater, OH 45828.

For more information, please call 419-678-5247, e-mail myhealth@mercero-health.com, or visit www.mercero-health.com.
Checks can be made payable to Mercer Health.

Registration Name: _____

I am a: Parent Athlete Coach Trainer Other: _____

Phone Number: _____ Email Address: _____

Sports involved with: _____

Session Selection: 6:00pm **OR** 7:15pm

Address: _____

How did you hear about our program? _____

If a parent/family: Parent(s) Name Attending Series: _____

Please list each student/athlete name, age, and sport that will be attending: _____

