



BACK TO SPORTS



Join us for a **FREE** session to learn about youth sports safety and physical activity.

**Topics covered
may include:**

- Concussion awareness
- Heat and hydration
- Cardiac arrest and CPR
- Overuse injury prevention

This session is open to all parents and guardians.

Date _____ Time _____

Place _____

Address _____

For questions, contact _____

**Learn how you can help keep sports
fun and safe!**

heart.org/BackToSports

