



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:

**Learn how you can help keep sports fun and safe!
heart.org/BackToSports**