

**Preparing for the Summer???**  
**Come Join Us for a FREE**

**Injury Prevention/Healthy & Active Lifestyle Seminar**

**Monday, June 3, 2019**  
**Greenwich, CT Library**  
**7:00 PM – 8:30 PM**



**Kevin Plancher, MD, MPH**  
Leading Orthopaedic Surgeon

**Topics Include:**

Injury Prevention  
Health/ Fitness/ Nutrition  
Productivity & Performance  
Cardiovascular Health  
Muscular Strength /  
Endurance  
Mobility / Flexibility  
Body Composition



**Julia Marino**  
Professional Snowboarder / Olympian



*NEW YORK*  
BEST DOCTORS



An active life is a healthy life, but if you are someone who tries to cram a week's worth of activity into two short weekend days, you could be in for trouble. You run a higher risk of joint and muscle injuries, especially in the knees, shoulders, and elbows. During different stages of our lives, we may not always feel as though our bodies are able to keep up with our spirit. Whether it's due to injury, illness or the natural progression of age, the active and adventurous lifestyle we are accustomed to enjoying may be slowed down or even halted. Come find out how to prevent injuries and stay active and healthy with an exciting discussion led by Dr. Kevin Plancher, MD, MPH and professional snowboarder, Julia Marino.



Greenwich Library  
101 West Putnam Avenue  
Greenwich, CT 06830

