



Bon Secours In Motion Physical Therapy and Sports Performance

BEACH FC/NYSL ACL INJURY PREVENTION INFORMATION NIGHT

MONDAY, MAY 2, 2011
6:30 – 7:30 P.M.

**In Motion at Bon Secours Health Center
at Virginia Beach**

828 Healthy Way, Suite 105, Virginia Beach, VA 23462

All Beach FC/NYSL families and coaches are invited to In Motion to learn how to best keep their athletes safe this season. You will get information about why ACL injuries happen, the probability of injuries, improper mechanics, recovery from an ACL injury, and the benefits of training to prevent these types of injuries. Demonstrations and an abbreviated training session for all athletes and parents who choose to participate will also be offered.

Please call (757) 374-6841 to RSVP.



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