



HEALTHY ATHLETE

DAY

Saturday, May 7



Middle
and
high school
students

For more info
Please call
(504) 896-9373

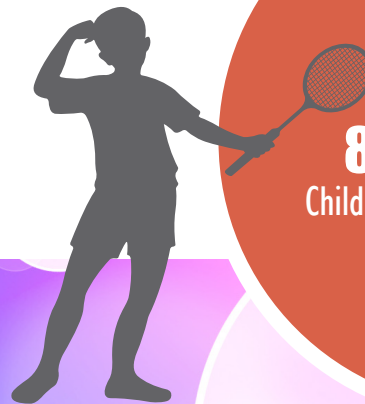


- Free LHSAA physicals
PARENTAL SIGNATURE REQUIRED

- Nutrition and hydration tips for athletes
FIRST 100 STUDENTS RECEIVE A NUTRITION AND HYDRATION GUIDE



- "Girls Can Jump" demonstration
- Weight-training techniques
- Greater New Orleans Immunization Network (Free Immunization Program)
IF INTERESTED, PLEASE BRING MOST RECENT SHOT RECORDS



8 am — 1 pm

Children's Hospital Auditorium
200 Henry Clay Ave.
www.chola.org