



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: Thursday, May 25 **Time:** 7:00-8:00 PM

Place: Golden Valley High School Library

Address: 27051 Robert C. Lee Parkway, Santa Clarita, CA 91350

RSVP to Fabrizio Apodaca by Friday, May 19

For questions, please contact:
Fabrizio Apodaca MS, ATC
fapodaca@hartdistrict.org

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