

SPORTS INJURIES

IN THE AGING AND RECREATIONAL ATHLETE



THURSDAY, MARCH 15 • 6 - 7 PM
PORTAGE TOWNSHIP YMCA
3100 WILLOWCREEK RD., PORTAGE



Michael Knesek, MD
Orthopedic Surgeon

An active lifestyle is key to staying healthy at any age. But recreational athletes and fitness enthusiasts of all ages are at risk for common sports injuries, including hamstrings, rotator cuffs, shoulders, knees, elbows, and the ACL. Join Orthopedic Surgeon Michael Knesek, MD, as he discusses treatment options that can get you off the DL and back in the game!

Free! Registration is required.
Call 219-836-3477 or 866-836-3477.



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