

Free Community Seminar

Navigating the Risk for Injury and Burnout in the Single-sport Athlete: Is It Worth the Scholarship?



Wednesday, September 13 from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue (at Garey), Pomona, CA 91767



PRESENTED BY

Steven Bast, MD

- Board-certified Orthopedic Surgeon, Garey Orthopedic Medical Group
- The Coliseum Sports Medicine and Orthopedics at Casa Colina, Medical Director

Topics of discussion include:

- Risks associated with playing a single sport year-round
- Risks associated with high-intensity training
- The importance of time off for the young athlete
- Navigating the college recruitment of young athletes
- The Coliseum Sports Medicine and Orthopedics at Casa Colina program
- Question and answer session

Refreshments will be served.
Seating is limited – please call
to reserve your space.

866/724-4132



THE COLISEUM
SPORTS MEDICINE AND ORTHOPEDICS

AT CASA COLINA

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