

## Free Community Seminar

Love pickleball  
and other  
similar sports?

Don't be sidelined  
with an injury!

**Thursday, June 12, 2025 from 6:00 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



**Benjamin Kamel,  
DPM, FACFAS**  
Foot & Ankle Surgeon,  
Garey Orthopedics



**Suzi Johnson,  
PT, MPT, OCS**  
Physical Therapist  
and Orthopedic  
Clinical Coordinator

### Topics of discussion will include:

- Review of common pickleball and similar sports injuries including ankle sprains, Achilles tendinitis, plantar fasciitis, stress fractures, tendinitis, neuromas, and more
- Risk factors for foot and ankle injuries
- How to prevent injuries including demonstrations of dynamic stretching and selecting the proper athletic shoes
- Injury treatment and when to seek medical help
- Question and answer session

### Three easy ways to register!

- Call 866/724-4132
  - Online at [casacolina.org/communityevents](https://casacolina.org/communityevents)
  - Scan the QR code
- Refreshments will be served and space is limited.



[www.casacolina.org](https://www.casacolina.org) •    

