

Return to the Game Faster



Attendees will learn:

- Upper and lower body injuries and prevention
- Spine and concussion prevention
- How to stay healthy and perform at their best
- Proper methods to prevent long-term damage

This event is designed for athletes in grades 7-12, as well as parents and coaches.



Saturday, March 15, 2025 | 1:00 p.m. - 5:30 p.m.

Aspirus Outpatient Therapies and Fitness Center - Calumet
25680 Copper King Way | Calumet, MI 49913

Register by calling:

906.337.6541

Monday - Friday, 8:00 am - 4:30 pm

This event is free, but registration is requested.



Scan to register.