



# Let's talk Sport Injuries – knee, spinal & shoulder

This awareness event is for anyone who would like to know more about injuries caused through playing sport and advice on ways to prevent injury.

**On Tuesday 17<sup>th</sup> May**, we have a number of Consultant Sport Injury Specialists holding presentations on:

- Spinal injuries in sport
- Knee sport injuries
- Shoulder sport injuries
- Management of running injuries

At the end of the talks, you will have the opportunity to ask the Consultant Knee Surgeon, Prof. V Bobic, Consultant Spinal Surgeon, Mr J Farah and Consultant Upper Limb Surgeon, Mr M Webb, questions.

For more information or to book onto the talk, contact **Richard Graham** at The Life Centre on **673620** or e-mail **Fitness Centre Chester**

**When:**

Tuesday 17<sup>th</sup> May

**Time:**

17:00 – 19:00

**Where:**

**Nuffield Health Wellbeing  
The Life Centre**

Bank of America Merrill Lynch  
Chester Business Park,  
Wrexham Road, Chester CH4 9FB