FREE HEALTH LECTURE

Preventing and Treating Painful Dance Injuries

Dancers are athletes. All of the leaps, jumps and turns can take a painful toll on a young dancer's body. Overuse injuries can occur in the foot, ankle, knee, back or hip. These injuries show up with greater frequency as dancers age, so it's very important to learn what a young dancer can do to prevent future injuries.

Dancers, their instructors and parents are invited to hear a strategy-packed presentation by a board-certified sports medicine physician. You'll learn why dance-related injuries happen, what can be done to prevent them and how to treat the most common problems.

Speaker Sherrie Ballantine-Talmadge, DO, of Boulder Center for Sports Medicine

When Tuesday, Aug. 26, from 6:30 to 7:30 p.m.

Where Lafayette Public Library (downstairs meeting room)
775 W. Baseline Rd., Lafayette

Reservations required: bchlectures.org/danceinjuries • 303-441-0580

Boulder Center for Sports Medicine
Boulder Community Health