

# Ski Injury Prevention

Thursday 1<sup>st</sup> December  
8pm-9pm  
Crystal Palace Physio Group  
Jubilee Stand  
National Sports Centre  
London SE19 2BB

- Educational seminar led by expert physiotherapists in ski injury prevention and management.

## Topics Covered:

- Injury risk
- Injury prevention (equipment, pre-rehabilitation, screening assessment)
- Common injuries
- Injury management

## **PLACES LIMITED**

Register now or contact us for further information

**enquiries@cppg.co.uk**

**020 8778 9050**

Non-members welcome

## The ski season is right around the corner... **Are you ready?**

**Learn how to prepare for the skiing and snowboarding season and prevent injury**

