



**SPORTS PERFORMANCE INSTITUTE**

*San Ramon Regional Medical Center*

# 2011 Baseball Symposium: Strategies for Healthy Performance



*Education for student athletes, coaches, trainers & parents.*

**Saturday, September 17, 2011**

**8:30 a.m. - 12 p.m.**

**San Ramon Regional Medical Center**  
South Building, South Conference Room  
7777 Norris Canyon Road, San Ramon

**Speakers:** Sports medicine physicians and trainers.

**Topics include:**

- Exercises designed to reduce injuries & develop performance.
- Updates on throwing & pitching mechanics.
- Risk factors for injuries in young baseball players.



**No charge.** Hosted by the Sports Performance Institute at San Ramon Regional Medical Center.

**More information coming soon. All are welcome. Space limited.**

**Reservations Required. Call 800.284.2878 or**

**online at Find An Event under Orthopedics at [www.OurSanRamonHospital.com](http://www.OurSanRamonHospital.com)**

