NEWS RELEASE

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For Immediate Release

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Sports Clinic Planned at GCH Ortho Center

GALION – Saturday, July 11 has been set as the date for a half day of education at the Galion Community Hospital Orthopedic Center for sports-minded young people, their parents and coaches.

The first of its kind for the Center, the program has been designed as a series of clinics. Stations will be available for demonstrations and information on throwing technique, proper hydration, injury prevention, modern warm-up, optimal shoe wear, and other sports-focused topics. Participants are free to visit the stations that interest them, and may enjoy the activities at their own pace.

"We're very excited to be able to offer information for young athletes get the most out of their body. Training correctly with the most current techniques can not only speed the pathway to athletic success, but may also avoid injuries that can cost valuable playing time or, in some cases, a whole season," explained Jason Eibling, physical therapist and supervisor of the GCH Ortho Center's Physical and Occupational Therapy Department. "Putting together this program for the first time is exciting and demanding. We want to benefit not only our growing athletes, but also their parents and coaches. It's also a great chance to meet our staff including our athletic trainers, therapists and Dr. Zuesi." Dr. Thomas Zuesi, a sports medicine physician, is a member of the GCH Orthopedic staff and holds Board Certification in Emergency Medicine in addition to a Certification of

Added Qualification, Primary Care Sports Medicine. He is currently serving as a team physician for Galion High School's football program and will be available at the "Coaches Corner" station at the event.

According to Betsy Harmon, Service Line Manager for Orthopedics, there is no cost for attending. "As a parent, I wish that this type of event would have been available to our family when my son was growing up. With all the confusing information out there now, this is a great opportunity to hear the facts from the experts and to see actual hands-on demonstrations on a variety of sports topics. So many areas are being addressed --- running, throwing, swinging --- there really is something for every athlete."

Targeting student athletes ages seventh grade through college, the event is free and will be open from 8:30-11:30 a.m. Pre-registration is encouraged with information available on the Galion Community Hospital website at www.galionhospital.org Registration forms may be e-mailed to sportsmedicine@galion hospital.org The event will be held at the GCH Ortho Center located at 955 Hosford Road in Galion. Calls should be directed to 419-468-9194 for more information

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