

Free Community Seminar

Love pickleball
and other
similar sports?

Don't be sidelined
with an injury!

Thursday, February 13 from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue (at Garey), Pomona, CA 91767

PRESENTED BY



**Benjamin Kamel,
DPM, FACFAS**
Foot & Ankle Surgeon,
Garey Orthopedics

Topics of discussion will include:

- Review of common pickleball and similar sports injuries including ankle sprains, Achilles tendinitis, plantar fasciitis, stress fractures, tendinitis, neuromas, and more
- Risk factors for foot and ankle injuries
- How to prevent injuries including demonstrations of dynamic stretching and selecting the proper athletic shoes
- Injury treatment and when to seek medical help
- Question and answer session

Three easy ways to register!

- Call 866/724-4132
- Online at casacolina.org/communityevents
- Scan the QR code

Refreshments will be served and space is limited.



www.casacolina.org •

