

# Youth Sports Symposium



Discover what it takes to keep student athletes healthy and on top of their game

**Saturday, August 4, 2018 • 8 a.m. - Noon**

Whitmore Lake High School • 7430 Whitmore Lake Road • Whitmore Lake

- **ACL Prevention**  
Patrick Hoban, PT, MS, ATC  
Probability Physical Therapy
- **Concussion**  
Corey Dean, MD  
St. Joe's / IHA Internal Medicine
- **Eating Disorders in Athletes**  
Judith Banker, MA, LLP, FAED  
Center for Eating Disorders/  
St. Joe's Eating Disorders  
Recovery Program
- **Field Response & Acute Injury Management**  
Kris Alderink, MD  
Orthopedic Surgery Associates
- **Heat Illness**  
Lee Benjamin, MD  
St. Joe's Emergency Physicians  
Medical Group
- **Nutrition and Hydration**  
Lisa McDowell, RD, CNSD, CSNC  
St. Joe's Clinical Nutrition,  
Team Dietitian, Detroit Red Wings
- **Overuse Injuries**  
Jim Moravek, MD  
IHA Ann Arbor Orthopedic Specialists
- **Sleep**  
Parvathy Nair, MD  
St. Joe's / IHA Pulmonary,  
Critical Care & Sleep Consultants
- **Supplements and Performance Enhancing Drugs**  
Lisa McDowell, RD, CNSD, CSNC  
St. Joe's Clinical Nutrition,  
Team Dietitian, Detroit Red Wings

**Panel moderators:** Kevin Bohnsack, MD, MPH & Zoë Foster, MD, St. Joe's Department of Family Medicine

**Registration Fee: \$20**

**Register Today!** [stjoeshealth.org/youthsports](http://stjoeshealth.org/youthsports) | 800-231-2211