

# >> Stay on the Court

*How to Stay Strong and Avoid Common Paddle Injuries*

- Easy techniques to keep your game strong
- Stretching and strengthening demonstrations
- Strategies to improve your game and stay injury-free
- Advice from a team physician for the Chicago Platform Tennis Association
- Light snacks and refreshments

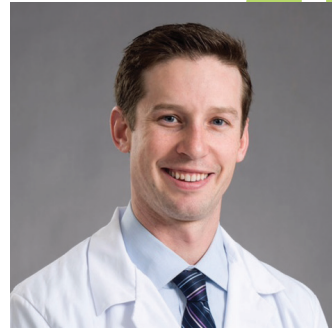
## FEATURING



**Laura Berendt**  
Paddle Pro  
Midtown Athletic Club



**Gina Angeletti**  
Achieve Sports Medicine  
Co-Owner/Physical Therapist



**Dr. Jeremy Alland**  
Midwest Orthopaedics  
at Rush Sports Medicine  
Physician

**FREE!**

**Saturday, February 17**

**12:00 - 1:00 pm**

**Midtown Athletic Club**

**2444 N. Elston, Chicago**

RSVP to: [ann@pscommunicationsinc.com](mailto:ann@pscommunicationsinc.com)  
Questions? Call 630-234-4150

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