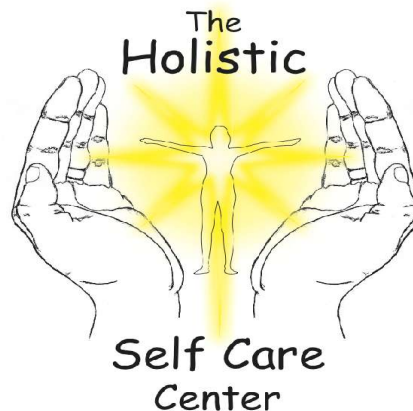


You are invited to an educational evening

# Childhood Sports Injury Recovery for Parents and Children



Date: Wednesday, September 26<sup>th</sup>  
Time: 7:00 – 8:30 pm  
Cost: \$20.00 non-members/\$10.00 members  
Where: The Holistic Self Care Center  
12 Murphy Drive, Nashua NH  
[www.thehscenter.com](http://www.thehscenter.com)  
Telephone: 603.883.1490

When a child has sustained a sports or lifestyle injury, a “re-programming” of the affected tissue accelerates recovery time and helps the child quickly find balance and confidence. These simple, but effective hands-on techniques can be done by anyone; parents, friends, and coaches. Not only is there success in the recovery, but also the child becomes aware that all are invested in getting them back to their activities. Hips, knees, ankles, elbows, and wrists are some of the areas that will be covered during the workshop.