



SPEAKING OF HEALTH

A FREE VIRTUAL HEALTH AND WELLNESS EVENT

YOUTH MOVEMENT

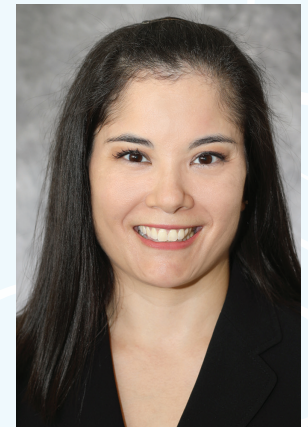
THURSDAY, SEPTEMBER 19

LIVE WEBINAR 12:00 PM – 1:00 PM

After the excitement of the Olympics, kids are raring to jump, spin, and play. Please join **Dr. Megan Kuba** from The Queen's Medical Center - West O'ahu for this free, virtual event to learn about how to safely train for a life-long love of sports and movement.

Learn about:

- Safe play guidelines for all ages
- What can happen to a growing athlete if they do too much too soon
- The role of a pediatric orthopedic specialist in helping to keep your child safe as they play and move



Megan Kuba, MD

Pediatric, Adult Orthopedic
and Sports Medicine Specialist
The Queen's Medical Center
- West O'ahu

To Register

CALL 808-691-7117



**THE QUEEN'S
HEALTH SYSTEMS**