



A DAY WITHOUT SPORTS IS A DAY LOST!

PREVENT & MANAGE SPORTS INJURIES

Workshop conducted by our partners, Specialist Orthopaedic Centre & Get Moving Physiotherapy. Tips on how to manage injuries and pain!

- What Are Some Common Sports Injuries?
- What Should I Do When I Get Injured?
- When Should I See A Doctor?
- How Can Physiotherapy Help?
- Self Help Methods To Remain Injury Free



18 FEBRUARY, 2023



3PM - 5PM

CLOSING DATE - 9 FEBRUARY

REGISTER NOW

GUESTS \$20+

SRC MEMBERS \$15+



DR. KANNAN

Senior Orthopaedic Surgeon

Specialist Orthopaedic Centre



REZA TAHAR

Senior Physiotherapist

Get Moving Physiotherapy

• LIGHT REFRESHMENTS INCLUDED



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