

## FREE HEALTH LECTURE

# Preventing & Treating Painful Dance Injuries

Dancers are athletes. All of the leaps, jumps and turns can take a painful toll on a young dancer's body. Overuse injuries can occur in the foot, ankle, knee, back or hip. These injuries show up with greater frequency as dancers age, so it's very important to learn what a young dancer can do to prevent future injuries.

Dancers, their instructors and parents are invited to hear a strategy-packed presentation by a board-certified sports medicine physician. You'll learn why dance-related injuries happen, what can be done to prevent them and how to treat the most common problems.

**Speaker** Sherrie Ballantine-Talmadge, DO,  
of Boulder Center for Sports Medicine

**When** Tuesday, April 22, from 7 to 8 p.m.

**Where** The Dairy Center for the Arts, 2590 Walnut St., Boulder  
(Main entrance is located on 26th Street. Parking lot entrance is on Walnut Street.)

**RSVP** **Reservations required.**  
Call 303-441-0580 or  
visit [bchlectures.org/danceinjuries](http://bchlectures.org/danceinjuries)



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