



Injury Prevention Workshop

Amanda Blackmon PT, DPT, OCS, CMTPT

Mandy will conduct a seminar on Injury Prevention for Irish Dancers during the Oireachtas Workshop at Drake. Mandy is a physical therapist specializing in dancers and performing artists. Come learn about nutrition, risk factors for injury, and exercises you can do to prevent injury and keep you healthy and on your toes. If you have foam rollers or theraband, please bring them with you.

July 31, 2014

3 pm

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