



Mayo Clinic Sports Medicine Center

You're Invited:

Baseball/Softball Night

Monday, Dec. 1st 2014

6 – 7 pm (special coach's clinic)

7 – 8 pm (open to all athletes and parents)

Dan Abraham Healthy Living Center - Level 3
565 1st Street NW, Rochester, MN

Learn how to train for your upcoming season.

Come and meet our expert team of Physicians, Physical Therapists, Athletic Trainers, EXOS Performance Specialists, Performance Dietitians and Exercise Specialists as they discuss and demonstrate throwing mechanics, performance training and nutrition for baseball and softball athletes.

Hear from:

- *Diane Dahm, M.D.*
Team Physician for Minnesota Twins & Timberwolves
- *Dan Christoffer, Ed.D., A.T.C., A.T.R.*
Baseball/Softball Performance Lead
- *EXOS Performance Specialists and Performance Dietitians*

You will also view a live throwing video analysis!

Mayo Clinic is Changing Your Game.

sportsmedicine.mayoclinic.org

**Pre-register for this free event
by calling 507-266-9100.**

