

GET KIDS READY FOR A LIFE OF HEALTHY MOVEMENT



ON AND OFF THE FIELD

JUST GET FIT IS TEAMING UP WITH TALLAHASSEE ORTHOPEDIC CLINIC TO BRING YOU THE FIRST ANNUAL FIT KIDS HEALTH AND FITNESS FAIR. IF YOU'RE A PARENT OR COACH OF A KID K-12, THIS ONE'S FOR YOU!

**SATURDAY,
APRIL 27 AT 10AM**

LEARN ABOUT:

- **SMART training- when and where to start.**
- **Recreation vs competitive sports.**
- **Overuse in sports.**
- **Injury prevention and recovery.**

DR. RYAN PRICE

joined TOC in 2018
and specializes in
Pediatric Orthopedics.



Tallahassee Orthopedic Clinic



#beyourBESTathlete

This event is part of
Just Get Fit's
complimentary
educational series.



JUST GET FIT - FESTIVAL SHOPPING CENTER
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