

PRESS RELEASE:

Oct. 8, 2010

On-Call Media Cell: (828) 674-2358

Jablecki to present on kids' sports injuries at Health Education Center

(Hendersonville, NC) Nathaniel Jablecki, M.D., of [Pardee Family Medicine](#)

[Associates](#) will host a Kids' Common Sports Injuries talk on Sat., Oct. 23, from 11:30 a.m. until 1 p.m., at the Pardee Health Education Center located inside the Blue Ridge Mall.

Registration is required for this free presentation.

"This is a must-hear for parents of athletes and their coaches," said Dr. Jablecki.

"Many common injuries in sports can be prevented through proper training, equipment and awareness."

Attendees will learn about injury prevention in team sports. Information on throwing injuries in baseball and softball, concussions in football and other contact sports and injuries regarding the lower extremities such as the ankle sprains.

The [Pardee Health Education Center](#) is a unique community outreach program of the hospital that provides an array of services from health fairs and screenings to seminars and support groups. Last year, the center provided more than 10,000 free and low-cost screenings to community members.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in





Margaret R. Pardee Memorial Hospital
800 North Justice Street, Hendersonville, NC 28791

www.pardeehospital.org

[Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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