



EVOLUTION SOCCER CLUB WELLNESS ZOOM WORKSHOP



Achieve Sports Medicine would like to invite all Evolution Parents, Players and Coaches to our Monthly Zoom Wellness Workshops. Each Zoom workshop will be held on the first Tuesday of Each Month and is approximately 30 minutes long. Links will be emailed out by the club 1 week prior to each workshop.



TUESDAY DECEMBER 7TH 2021 @ 6PM

Foot and Ankle Health



Tuesday February 1st 2022 @ 7:30pm

Hamstring Injury Prevention



Tuesday March 1st 2022 @ 7:30pm

Basic CPR and AED Use for Adults,
Children and Infants



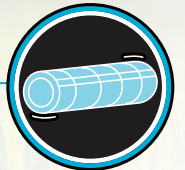
Tuesday April 5th 2022 @ 7:30pm

Hydration and Heat



Tuesday May 3rd 2022 @ 7:30pm

Trigger Point Rolling/Stretching



TUESDAY June 7th 2022 @ 7:30pm

Concussion Baseline Testing
and Management



CLINIC PHONE NUMBERS

WILLOWBROOK
(630) 891-3980

CHICAGO
(773) 967-7878

NAPERVILLE
(630) 369-8585

WOODRIDGE
(630) 349-0424