



TSÉHOOTSOOÍ NAHATA'DZIIL NIHI DINE'É BÁ
Medical Center Health Center Wellness Center
Facilities of Fort Defiance Indian Hospital Board, Inc.

SPORTS INJURY PREVENTION

COACHES



CLINIC



All Middle School and High School Coaches Welcome!

Monday, July 20th

8:00 AM - 12:00 PM

**Nihi Dine'é Bá Wellness Center
Fort Defiance, Arizona**

Train Smart | Prevent Injuries | Preserve the Season

Smart training saves seasons.

**Join us for an interactive workshop focusing
on essential injury prevention strategies!**

Registration Opens: Monday, June 8th

Registration Closes: Friday, July 10th

FOR MORE INFORMATION, CONTACT

Joseph Weber or Alisha Damon 928.729.8061