

# **Injury Prevention and Performance for Baseball Players**

**Presented By:**



**PRUE**  
PHYSICAL THERAPY & SPORTS PERFORMANCE

**Learn how to prevent arm injuries and improve your throwing velocity  
and mechanics at the same time**

**When: Saturday July 18th**

**Time: Noon-1:00**

**Where: Prue Physical Therapy & Sports Performance  
1020 Southhill Drive Suite 140 Cary NC 27513**

**To attend please RSVP as space is limited:**

**RSVP By:**

**Calling (919) 678-8828**

**Email: [kevin.prue@pruept.com](mailto:kevin.prue@pruept.com)**