UPMC – Healthier Community Series

The following programs are offered by the staff at the new UPMC Sports Medicine Complex in Cranberry Township as they partner with the Cranberry Township Parks & Recreation Department to create a healthier community. Register for the one you're interested in, or all five, but lease pre-register so that we can prepare materials for the week. **Pre-register for all five sessions for $35 (SAVE $15)**

ReThinking Concussions – (Speaker – John French PhD – Neuropsychologist UPMC Sports Medicine Concussion Program)

Learn more about how the UPMC Sports Medicine Concussion Program is ReThinking Concussions! This presentation will introduce UPMC's comprehensive approach to concussion, including active treatment and rehabilitation, and describe the emerging concussion clinical profiles.

When: Wednesday, Feb. 15, 2017
Time: 7-8 pm
Location: Council Chambers – Cranberry Township Municipal Building
Cost: $10 in advance; $15 at door
Important: Space is limited, please pre-register

Sport Performance Training – (Speaker - Lorne Goldenberg – Director of UPMC Sports Performance Center at UPMC Lemieux Sports Complex)

"Everything you need to know about Sports Performance Training that the Strength coaches won't tell you". This lecture will cover the changes in fitness over the last number of years to an emphasis to what has been called Sports Performance. Topics will include; defining sports performance, principles of sports performance, biomechanics of sound exercise and how it can negatively and positively impact your outcomes, sports performance marketing-how to read through the myths. By the end of the lecture you will understand in layman's terms how to determine what program might be beneficial and what might be smoke and mirrors.

When: Wednesday, Feb. 22, 2017
Time: 7-8 pm
Location: Council Chambers – Cranberry Township Municipal Building
Cost: $10 in advance; $15 at door
Important: Space is limited, please pre-register

Knee Rehab Services – (Speaker - Rick Joreitz – Sr. Physical Therapist, UPMC Center for Rehab Services and Team Physical Therapist, Pittsburgh Penguins®)

Learn more about how UPMC Centers for Rehab Services is pioneering change in rehab after ACL reconstruction! This presentation will introduce our criterion-based progression and incorporation of ACL injury prevention strategies.

When: Wednesday, March 1, 2017
Time: 7-8 pm
Location: Council Chambers – Cranberry Township Municipal Building
Cost: $10 in advance; $15 at door
Important: Space is limited, please pre-register

Performance Nutrition – (Speaker - Jeff Lucchino, UPMC Sports Dietician)

Performance nutrition is When, How much and What you eat and drink. Fueling and refueling your body and muscles is how you get faster, stronger, and perform at a higher level! It's the internal equipment that you should never forget!

Performance nutrition takes practice and consistency- the goal is not just to eat before games, or drink more fluid on the field, but instead what you do every day is what makes the difference in preseason, during season and post season.

Education will be provided on what are good performance meals/snacks before and after competition. When and how much to eat pre and post competition. As well as why nutrient timing is vital to sustained performance.

When: Wednesday, March 8, 2017
Time: 7-8 pm
Location: Council Chambers – Cranberry Township Municipal Building
Cost: $10 in advance; $15 at door
Important: Space is limited, please pre-register

Health Impacting Business Success-Focus on Women – (Speaker, Dr. Vonda Wright, Orthopaedic Surgeon and Medical Director of the UPMC Lemieux Sports Complex)

Dr. Vonda Wright, ignites a lighthearted conversation about the most important set of POWER Tools for women in Business. Whether you are on a fast track to the corner office or trying to find a way to success while balancing work and life, this session will renew your perspective on the most important issue for women succeeding in Business...your health. If your goal is to live long and prosper, this session is for you.

When: Wednesday, March 15, 2017
Time: 7-8 pm
Location: Council Chambers – Cranberry Township Municipal Building
Cost: $10 in advance; $15 at door
Important: Space is limited, please pre-register