

Let us help you —



Sportsmetrics™ Injury Prevention & Sports Performance Training

Sportsmetrics™ is a scientifically proven program to reduce injuries and improve performance designed by Cincinnati SportsMedicine and Orthopaedic Center. The program is for student athletes ages 12-18.

Winona Health offers the Sportsmetrics™ program year-around. **Contact us for a free assessment** and to learn more.

**SCHEDULE
YOUR
FREE
ASSESSMENT:**

Contact Beth at
507.474.5103
or email her at
egappa@winonahealth.org

WH *Rehabilitation Services
and Sports Therapy*

Winona Family Y, 2nd floor
902 Parks Ave., Winona
507.457.4329

Winona Health is a Certified Clinical Site for Cincinnati SportsMedicine Research and Education Foundation.

Find us online:
winonahealth.org   