

Student-Athlete Wellness Night

Join us on October 9th at 7pm for a panel event featuring health and wellness professionals from the Morris Hospital and Morris YMCA. Learn more on the effects of vaping, general fitness and nutrition, sleep, and effects of illegal substances and proper use of other supplements. Topic education will take the first 30-40 minutes and will be followed by open Q&A opportunity.

When? October 9th 7-8p

Where? Morris High School auditorium

What? Education for area athletes and their parents to help performance and overall health

Presenters:

Julia Banko, RN, Pulmonary Services Supervisor

Becca Evola, Wellness Manager

Ro Petersen, Health and Wellness Director

Chris Peura, Personal Trainer

