

Educational Seminars



CRYSTAL PALACE
PHYSIO GROUP

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Making People Better

Do you want to learn more about the most common sports injuries and how to avoid them? Do you want to provide your club members or team mates with a bit more information about nutrition, sports psychology or perhaps a specific sport such as triathlon or running?

We can provide seminars and workshops tailored to your needs. Equip you and your team mates with the skills you need to help prevent injuries, build up to a specific event, or just become more knowledgeable about the demands and requirements of your sport.

Presented by Physiotherapists, Podiatrists and a range of other experts from our award-winning team, we can cover topics such as:

- Common sports injuries and how to avoid them
- Running technique and footwear
- Stretching demonstrations specific to your sport
- Nutrition advice for training and competing
- Marathon or Triathlon Preparation
- General Q&A sessions

We can give you access to sports injury professionals who can give expert advice in a straightforward and understandable way. As well as running a number of in-house events, we can also come to you at your club or training session to deliver a seminar or workshop directly.

Contact us now

☎ 020 8778 9050

📠 020 8659 1501

✉ enquiries@cpgg.co.uk

🌐 www.cpgg.co.uk

