

FREE High School Sports Physical Clinics

AT  **FirstLight**
HEALTH SYSTEM



- Learn the facts about energy drinks and sports drinks
- Receive your MN High School League Sports qualifying physical exam
- Visit the Hydration Station & get a free water bottle
- Pick up resources on concussions, mental health, nutrition & more

PINE CITY CLINIC

1425 Main St North

**Tuesday,
June 20, 2017**

3:00-5:30 PM

**320-629-7505
TO SIGN UP**

HINCKLEY CLINIC

620 Sandy Lane

**Tuesday,
June 27, 2017**

3:00-5:30 PM

**320-384-6189
TO SIGN UP**

MORA CLINIC

301 Highway 65 N

**Monday,
August 7, 2017**

3:00-5:30 PM

**320-679-1313
TO SIGN UP**



ONLINE REGISTRATION

bit.ly/flhsportsphysical

Register by 6/16 to be eligible to win a \$50 Gift Certificate from Lee's Pro Shop in Pine City!

Exams are performed by a comprehensive team of physicians, advanced care practitioners, physical therapists and athletic trainers. Immunizations will not be offered but schedulers will be available to schedule appointments for immunizations.

This is a REQUIREMENT to play high school sports and the Physical Examination Clearance Form **must be signed** by a parent or guardian.