

FEMALE ATHLETE SYMPOSIUM

Optimizing Performance Through
Prevention & Management of
Conditions Specific to
Female Athletes

Saturday, July 31, 2021

12:30 - 1:00 PM REGISTRATION

1:00 - 2:15 PM PRESENTATION

w/ Dr. Abbie Kelley
Female Athlete Program & Female
Athlete Triad

2:30 - 4:00 PM PRESENTATION

w/ Dr. Jarrod Spencer
Performance Anxiety: Less
Nervousness, More Excitement

LOCATION

Wyndham Garden of York
2000 Loucks Road, York
Light Refreshments Served

RSVP TO MELISSA LESE
MLESE@OSSHEALTH.COM OR
717-848-4800 X 6197



w/ DR. ABBIE KELLEY & DR. JARROD SPENCER,
MIND OF THE ATHLETE, LLC, SPORTS PSYCHOLOGIST



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