

School, sports and spirit prep rally

FORT COLLINS, Colo. (August 11, 2016) – In an effort to get kids and teens excited and prepared for the upcoming school season, Banner Fort Collins Medical Center, Spirit of Women and the City of Fort Collins Parks & Recreation is hosting a school, sports and spirit prep rally event on Saturday, Aug. 27.

“As school is getting back in session, we want to bring back that school spirit of keeping children, as well as adults, active, healthy and safe,” said Sheryl Fahrenbruch, senior outreach manager for Spirit of Women at Banner Fort Collins Medical Center and McKee Medical Center in Loveland. “Being physically active helps kids learn and stay better focused at school.”

The prep rally is from 10 a.m. to 1 p.m. at the Foothills Activity Center, 241 E. Foothills Parkway, Fort Collins, and will include drop-in classes, fitness demos, break-out sessions and vendor booths. The first 100 attendees will receive a goody bag.

Topics at the rally will include the latest information and best practices on concussion education, nutrition, including pre and post workout snacks, Gatorade vs. water, sports injuries, stress management, hand hygiene and more.

Banner Health physicians will also be on site offering sports physicals for a minimal fee.

“We are excited to be part of this first-of-its-kind event in Fort Collins to promote recreation in our community,” said David Wimmer, Fitness Coordinator at City of Fort Collins Recreation. “Our hope is that students and families alike walk away from this event with information, resources and tips for starting off the new school year and sports season smarter and safer.”

The prep rally is free and open to the public. For more information, call (970) 820-3000, email Sheryl.fahrenbruch@bannerhealth.com or visit www.bannerhealth.com/COspirit.

About Banner Fort Collins Medical Center

Banner Fort Collins Medical Center is a nonprofit, acute-care hospital offering emergency services, medical imaging, general surgery, orthopedics, urology, labor and delivery, women’s services, gastroenterology, intensive care, and other medical and surgical services. It is part of Banner Health, one of the largest nonprofit health care systems in the country with 29 hospitals located in seven states. For more information, please visit www.BannerHealth.com/FortCollins.

<http://bannerhealth.mediaroom.com/2016-08-11-School-sports-and-spirit-prep-rally>