

Talk to focus on being healthy on the slopes

Barton Health is putting on a free lecture about maximizing on hill performance.

The talk will be Nov. 1 from 6-7pm in the board room at Lake Tahoe Community College.

Presenters will be: Terry Orr, Jeremy Vandehurst, Jeff Brown, Nick Ward, and Beachy Orr.

They will talk about:

- Injury prevention
- Concussion recognition and care
- Preseason conditioning and demonstrations
- Strength training to maximize the season
- Importance of wellness and fitness.