

# THE TOP SUMMER INJURIES & HOW TO AVOID THEM

**JULY 13TH, 2023 @ 12:00 PM**



Join us **Thursday, July 13th, 2023** for an informative webinar presentation and discussion on **The Top Summer Injuries & How to Avoid Them!**

Summer can be full of fun, but also hazards. To help keep you and your family well and soaking up the summer, **Masood Ranginwala, DO, Emergency Room Physician**, shares some of the top summer health and safety concerns (heat stroke, bug bites, sunburn, dehydration, swimming injuries and drownings, and firework accidents), tips for how to avoid injuries, and advice on what you can do if you encounter them. A moderated Q&A will follow the presentation.

Register for the presentation on <https://www.valleyhealth.com/events/corporatewellness> or **Click on the link below for The Top Summer Injuries & How to Avoid Them!**

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NDE2YjkyNTYtMmM5Yi00Nzc0LTqwZGUtOTU4ZTlzNjIxOTE4%40thread.v2/O?context=%7B%22id%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDE2YjkyNTYtMmM5Yi00Nzc0LTqwZGUtOTU4ZTlzNjIxOTE4%40thread.v2/O?context=%7B%22id%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a)

*Not available to join a live session? Watch later! Broadcasts are recorded and available within 24 hours \*Wellness topics & dates are selected based on health professional availability and are subject to change.*