

In Celebration of World Pediatric Bone and Joint Day, Children's Orthopaedic and Sports Medicine Center Presents the 7th Annual PB&J Day focusing on

Adolescent Sports Stress Injury & Nutrition



Thursday, October 19, 2023 • 6:00pm

465 South Street, First Floor, AHCH
Main Conference Room 1, Morristown, NJ 07960

Light dinner will be served.
A virtual option will be available.

Presentations:

Stress Fractures and How to Avoid Them

Speaker: Barbara Minkowitz, MD
Medical Director of Pediatric Bone Health, Morristown Medical Center

Stress Injuries and Postural Imperfections

Speaker: Colleen Spingarn, PA
Physician Assistant, Pediatric Orthopedic Surgery, Morristown Medical Center

Nutrition of Champions

Speaker: Katie Mott, MS, RD, Nutritionist
Dietitian Nutritionist, Goryeb KidFit Program

**For more information or to register, call 973-206-1033
or visit <https://cvent.me/N59v9B>.**

Accreditation: Atlantic Health System is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

Designation Statement: Atlantic Health System designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**Atlantic
Health System**
Atlantic Medical Group