

SAVE THE DATE

Keep Her Playing Conference

A multidisciplinary conference advancing the health, safety, and longevity of female athletes at every stage of life.

Saturday
Nov. 21

University of Hartford



For athletes, parents, coaches, educators and healthcare professionals:

- › Expert speakers
- › Evidence-based strategies
- › Practical tools

Empowering athletes and those who support them with the knowledge to recognize early warning signs, prevent injury, and seek immediate care: so girls and women can train, compete, and thrive.

TOPICS INCLUDE:



Female athlete Triad and RED-S



Injury prevention and recovery



Migraines and neurologic health



Menstrual cycle and pelvic health



Impact of sports bras on performance



Mental Health and performance pressure



Long term athlete development and safe sport

MORE DETAILS COMING SOON!

HartfordHealthCare.org/KeepHerPlaying

Hartford HealthCare 
Sports Medicine