



GOLD CROWN FOUNDATION PRESENTS

HEALTH HUDDLE SPEAKER SERIES

A VIRTUAL LEARNING OPPORTUNITY FOR PARENTS AND YOUTH



FEBRUARY 16TH 6:00 P.M.

**>>> Using Performance Anxiety
To Your Advantage <<<**

Awareness of how pregame nerves can impact play |
Keys to performing at your best | Use practice to mentally
prepare for competition



Children's Hospital Colorado



**Featuring: Mimi Renaudin, PT, DPT, SCS, OCS,
Children's Hospital Colorado, Sports Medicine Center**

RSVP Required! Visit GoldCrownFoundation.com/health-huddle for more
information and to RSVP. Look for more events this spring.