



# How to Care for the Heart of Your Champion



 **SAINT BARNABAS  
HEALTH CARE SYSTEM**

*Newark Beth Israel Medical Center  
Children's Hospital of New Jersey*



Join us for:

FOCUS ON CHILD ATHLETES

## What you need to know about cardiovascular health and your student athlete

There are inherent risks in athletic participation for young athletes and it is our hope that learning about warning signs and available screening will help your child before it is too late.

We are proud to introduce you to Dr. Joel Hardin, Director of Cardiology at Children's Hospital of New Jersey at Newark Beth Israel Medical Center. He will provide an eye-opening presentation on heart health for your student athletes. He will discuss training, screening, nutrition, and most importantly warning signs to look for should something be wrong.



*Dr. Hardin is a leader in New Jersey in establishing screening programs designed to identify young athletes who might be at risk for sudden cardiac death. He is a consultant pediatric cardiologist for hospitals across the state, and he volunteers service as Clinical Associate Professor in the Department of Pediatrics, UMDNJ – New Jersey Medical School.*



201 Lyons Avenue  
Newark, New Jersey 07112

**Thursday, September 25th**

9:00am to 11:00am

at Martini Bistro  
40 Main Street, Millburn, NJ

Ph: 973.376.4444

Tickets are \$10 each

To RSVP, please send a  
check made payable to :

NBIMC Foundation  
201 Lyons Avenue  
Newark, NJ 07112

**Questions? 973.926.7018**