

Keep Your Head in the Game...

*A fundraiser for the
Elijah's Promise Community Kitchen
Purchase your tickets at www.elijahspromise.org*



Please join us on Saturday, December 1, at 9:30am for a very special discussion about **Concussions and Mental Resilience**. Speakers will include: Dr. Arlene Goodman, Director of the Concussion Program at Saint Peter's Sports Medicine Institute, Cathy Andruzzi, Leadership and Performance Coach and Maddie Hart a PDA alum and midfielder at the Loyola University Maryland Soccer program.

This event is also a fundraiser for the Elijah's Promise Community Soup Kitchen. Tickets are \$20 each. Refreshments, raffles and more.

This event will take place at Saint Peter's University Hospital, Sister Marie de Pazzi Conference Center, 254 Easton Avenue, New Brunswick, NJ.

Why you should attend:

- Concussions are common in sports and it is important to learn more about treatment and prevention.
- Through this one event we are educating the youth athletic community and we are helping those in need by raising money for Elijah's Promise.
- Elijah's Promise Community Soup Kitchen serves over 170,000 meals annually. Every day they strive to change lives through the power of food. One ticket for this event provides nearly 10 meals for those in need.