



# GET ON THE BALL

## GET YOUR SPORTS PHYSICAL EARLY

**Sports Physicals - 7th through 12th grades  
Tuesday, July 13 and Thursday, July 22**

5:30 - 8:30 p.m.

Capital Region Sam B. Cook Healthplex  
1432 Southwest Boulevard, Jefferson City, MO

**Pre-registration and parental consent required.**

**Call (573) 644-7878 for an appointment or sign up online at [www.crmc.org](http://www.crmc.org).**

**Registration begins June 1st.**

Height/Weight • Blood pressure  
Range of Motion/Flexibility • General Exam • Orthopaedic Check (if needed)

**Please wear athletic attire to the exam.**

Cost: \$20.00

The \$20.00 fee helps to defer the direct cost of providing the program.



**It's your choice.**

[www.crmc.org](http://www.crmc.org)

A special thank you to the physicians and staff for donating their time.