

# Free Annual Pre-participation Athletic Physicals

Adventist Health is proud to provide FREE annual pre-participation athletic physicals to our local high school athletes in Tulare. We feel that it is important for our community of athletes to be in optimal health before participating in a sport. This physical exam that we provide exceeds the pre-participation requirements by providing an all-in-one visit with multiple specialists including internal medicine, pediatrics and family medicine.

## **Tulare Union High School gym**

Tuesday, June 15

## **Tulare Western High School gym**

Wednesday, June 16

## **Mission Oak High School gym**

Thursday, June 17

### **TIME:**

**4 - 7 p.m.**

For more info,  
contact Val Alvarez at  
559-537-0090 or email  
[AlvareVF@ah.org](mailto:AlvareVF@ah.org)