

1.5
Professional
Development
Hours

Health Concerns Committee



Reference and Adult Services Division of SCLA

~~Annual Breakfast~~

Late Lunch & Learn

An Athletic Trainer's Guide to Having
More Energy in Your Day (*even at Work*)

Register <https://tinyurl.com/rasdhcc20>

The first 30 registrants will receive a lunchbox filled with healthy after lunch snacks

Free for SCLA members • \$5 for non-SCLA members

Check payable to NYLA with RASD of SCLA in memo
Send to Sal Filosa at Port Jeff Library

Monday November 16 2:15 PM

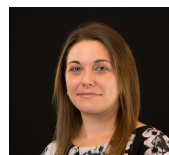
Lisa Komnik will provide some information about Athletic Training, her background and how it applies to all activity settings. She will then go into some tips/advice on how to have more energy, be more active and prevent overuse injuries while at work. After a brief Q&A session, Jamie Saragossi will discuss free resources to share with the community.

WHO SHOULD ATTEND Teen Librarians looking for some career info and Adult Librarians looking to understand what an Athletic Trainer does outside of a sports field.

All participants will walk away with a list of resources to help serve your communities.



Lisa Komnik, MS, ATC
Clinical Education Coordinator
Athletic Training Program at Stony Brook University



Jamie Saragossi, MLS
Head of Health Sciences Library
Stony Brook University

The waiting room will be opened at 2:00 PM • Questions? Contact Sal Filosa, sfilosa@portjefflibrary.org