

## FHU Sports Injury Prevention Training Dates

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<b>Injury Prevention Class</b>	<b>Fridays 6:00pm - 7:00PM</b>
Session 1	January 4th
Session 2	January 11th
Session 3	January 18th
Session 4	January 25th
Session 5	February 1st
Session 6	February 8th
Session 7	February 15th
Session 8	February 22nd