



MedStar Health



Best practices for off-season conditioning.

Presented by MedStar Health and The Baseball Warehouse.

Join us for an interactive panel discussion with an array of baseball professionals. Perfect for baseball and softball players and their parents.

When: Thurs., December 14, 2023

Time: 6:30 to 8 p.m.

Where: MedStar Health at Bel Air

12 MedStar Blvd.

Bel Air, MD 21015

Ask to tour our Baltimore Orioles Pitching Lab!



Featuring guests:

Mike Bordick, Orioles HOF, MLB All Star, TBW Ambassador

Rick Dempsey, 1983 World Series MVP, Orioles HOF, TBW Partner

Dr. Sean Curtin, Baltimore Orioles Team Physician, MedStar Health

Steve Luca, PT, Sports Physical Therapist, MedStar Health

To RSVP, visit <https://tinyurl.com/4f7m84yj>

