

The Department of Health and Human Services with The Lady Panther's basketball association Presents:

PLAY LIKE A GIRL: HEALTH AND WELLNESS IN GIRLS SPORTS

Free webinar series open to the public
All webinars begin at 1PM CST
Click on the Webinar Below to Register

February 22nd: You Can Save a Life: The Signs, Symptoms and What to Do About Eating Disorders

April 4th: An Epidemic of Epic Proportions: Childhood Obesity and Sports

June 6th: Breakfast of Champions: Gameday Nutrition to Support a Winning Lifestyle

August 8th: From Athletes to Champions: Why Health and Wellness is Critical to Sports

OASH Office of the Assistant Secretary for Health

LPGBA BASKETBALL LADY PANTHERS

Reach out to Monica.Geiger@hhs.gov for any questions

Office of the Assistant Secretary for Health

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PLAY LIKE A GIRL:
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You Can Save a Life: The Signs, Symptoms and What to Do About Eating Disorders

Feburary 22, 2023 at 1PM CST

Register HERE



Eating disorders are the second deadliest mental illness in the United States. In a recent study, more than one-third of Division I National Collegiate Athletic Association female athletes were found in to have attitudes and symptoms that place them at risk for anorexia. This webinar will provide you with the tools you need to identify the signs and symptoms of eating disorders in adolescent girls and how to talk about eating disorders and body image with players.

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Childhood Obesity: An Epidemic of Epic Proportions

April 4, 2023 at 1PM CST

Register HERE

Approximately twenty percent of children and adolescents were obese from 2017-2020. Overweight and obesity put youth at high risk of serious health risks that can worsen in adulthood. Physical activity and healthy eating improve mental health and overall wellness. This webinar will equip participants with tools to help prevent childhood obesity through organized sports.

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Breakfast of Champions: Gameday
Nutrition to Support a Winning Lifestyle

June 6th, 2023 at 1PM CST

Register HERE

Nutrition is essential for the health and performance of young athletes. This webinar will feature a registered dietitian who will share nutrition recommendations for young female athletes both on gamedays and beyond. Learn about good nutritional habits and how to encourage players to be aware of the food that they are consuming.

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From Athletes to Champions: Why
Health and Wellness is Critical to Sports

August 8, 2023 at 1PM CST

Register HERE

This event will address the burning questions you have about nutrition and wellness. The panel will consist of speakers from the previous three events. When you register, please submit questions you would like answered during this event. We will answer as many questions as time permits.

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