



**Tuesday, June 6**  
**Providence Medical Group – Mill Plain**  
**315 SE Stone Mill Drive, Vancouver**

**-OR-**

**Tuesday, June 13**  
**Providence Medical Group – Camas**  
**3101 SE 192<sup>nd</sup> Avenue, Vancouver**

## **FREE Sports Physicals**

**6-8 p.m., limited appointments available; call 360-816-2748 to schedule**

If a sports physical is required for your child to participate in an athletic program at school, Providence can help. The sports physical must be completed before the first day of practice and is valid for two years. Wear a loose T-shirt and shorts. General WIAA forms will be provided; if specific school forms are required they must be presented at time of physical. Forms for other clubs/organizations will NOT be completed, only sports. If you need additional forms for scouts, camp, etc. please schedule an appointment with one of our physicians during regular business hours. **A parent or guardian must be present and sign an authorization form for children under age 15.**

## **FREE Heart Screenings for Young People**

**6-8 p.m., limited appointments available; call 503-216-6800 to schedule**

Chances are that your child's heart is healthy – and yet a small percentage of young people have hidden heart defects that put their lives at risk, especially during physical exertion. Play Smart™ offers a painless, noninvasive screening to check the heart health of young people ages 12 to 18. Play Smart™ screenings include:

- Electrocardiogram (EKG)
- Heart health questionnaire
- Blood pressure reading
- Echocardiogram, if needed

**For more information and to download forms, visit [www.playsmartgetsscreened.org](http://www.playsmartgetsscreened.org).**