

**Confused by all the crazy health  
Information out there?**

***You are not alone!***

**Please join us on 9/12 and  
Dr. Paul Stricker will sort it out.**



Paul Stricker, MD is one of just over 250 pediatricians in the US who is board certified in sports medicine. He completed pediatrics at Arkansas Children's Hospital and a sports medicine fellowship at UCLA, and was an All-American swimmer in college. After years of being the team doctor for many US National Teams, Dr. Paul reached a coveted position when he was selected by the US Olympic committee as a physician for the United States team for the Sydney Olympics in 2000.

He previously served as president of the American Medical Society for Sports Medicine and is a member of the Executive Committee of the American Academy of Pediatrics Council on Sports Medicine & Fitness. Dr. Paul speaks frequently across the nation on important issues pertaining to youth sports and preventive health.



**Paul Stricker, MD, FAAP**

Dr. Stricker has authored numerous medical publications, and a book for parents and coaches entitled *Sports Success Rx!—Your Child's Prescription for the Best Experience*. He has been cited in such national publications as US News & World Report, USA Today, parenting magazines, and has been featured on ESPN, Good Morning America, Nightline, and other television and news programs discussing ways to increase activity and decrease sports pressure for children and teenagers. He currently resides and has his medical practice in San Diego, CA, at Scripps Clinic.



Joe Wesley is an advocate for growing good health and helping the environment. A speech communications major from Long Beach State University, California, Joe later became a licensed real estate broker with his own company, The Real Estate Annex. With a quest to support the importance of exercise, he also teaches 2-3 indoor cycling/Spinning classes at the YMCA in San Diego, California.

Joe realizes that a major gap in gardening and environmental conservation is satisfied by the Tower Garden, and because of this he became "Farmer Joe" in early 2013. Being a "Growing Educator" is Farmer Joe's passion and fuels him to increase awareness about eating healthier as well as gardening where the ability to grow fruits and vegetables is difficult or non-existent. Farmer Joe formed So Cal Urban Farms with Dr. Paul Stricker to grow produce for restaurants, conduct educational Tower Garden workshops, and provide inspiration to others.

**Thursday, September 12th at 7pm  
Hilton Hotel**



**45 West Orchard Park Drive, Greenville, SC 29615  
Take the Haywood Rd. exit from I-385 Go north  
to West Orchard Park and go left. See the Hilton.**

**Representatives - \$15 // Guests are Free!**

Questions: Jerry Lieberg – 864-569-8404 jerrylieberg@gmail.com