



# PEAK PERFORMANCE

SUBSTANCE ABUSE PREVENTION & EDUCATION  
FOR STUDENT-ATHLETES, COACHES & PARENTS

**FREE TO THE PUBLIC**

**Thursday, March 1st  
6:30 - 7:30 pm**

**Emerald Community  
Campus**

**2120 Oregon Pike,  
Lancaster PA**

**Please register at  
Emeralde.org or Eventbrite**

What you will learn from this program:

- Unique factors that place athletes at greater risk for substance abuse.
- Scope of substance abuse in athletes
- Impact of different types of substance abuse on athletic performance.
- Strategies to develop a positive team culture.
- How to reach peak performance and achieve both personal and team goals.
- NOTE: There will be a "Student-Athlete" session and separate "Coaches /Parents of Athletes" session taught in two rooms simultaneously.



**EMERALD**  
FOUNDATION

**EMERALDE.ORG**  
**(717)560-7572**

