

Heard In Rye

SPEAKER SERIES

Heard in Rye speakers provide various strategies for parenting in today's society

Admission is free

All are welcome

No reservations are necessary

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Visit www.heardinrye.org

HEARD IN RYE IS GENEROUSLY SPONSORED BY THE FOLLOWING ORGANIZATIONS

Rye YMCA

Blind Brook/Ridge Street PTA

Christ's Church Nursery School Parents' Association

Eagle Hill School

Midland School PTO

Milton School PTO

Osborn School PTO

Resurrection School PTO

Rye City School District

Rye Community Synagogue Nursery School

Rye Country Day School Auxiliary

Rye Free Reading Room Auxiliary Board

Rye High School Parents' Organization

Rye Methodist Nursery School

Rye Middle School Parents' Organization

Rye Neck Union Free School District PTSA

Rye Presbyterian Nursery School

Rye Youth Council, Inc.

School of the Holy Child Parents' Organization

Peg Tyre - The Trouble With Boys:

A Surprising Report Card on Our Sons, Their Problems at School, What Parents and Educators Must Do
Tuesday October 27, 7:30 pm, Rye Country Day School Performing Arts Center

Dr. Roger H. Martin - A College President Becomes A Freshman Again:

A Unique Perspective on College Transition

Thursday November 19, 7:30 pm, Rye High School Performing Arts Center

Keri Glassman, M.S., R.D., C.R.N. - Nutrition for Kids of All Ages

& What We Know About Eating Disorders in Teens

Wednesday January 27, 7:30pm Rye Neck High School Auditorium

Nathan A. Dungan - Families, Money & Habits:

Navigating the New Normal & How Not To Be Your Child's ATM

Thursday February 11, 7:30pm Rye High School Performing Arts Center

**Dr. Jordan D. Metzl - Sports Medicine: What Every Parent, Coach and Athlete Needs To Know
Tuesday March 9, 7:30pm Blind Brook High School Auditorium**

Save the date for this special evening of sports medicine education presented by Dr. Jordan D. Metzl, a nationally recognized Sports Medicine Physician at New York City's Hospital for Special Surgery. Dr. Metzl knows how much time our children devote to school sports and athletic competitions... and he wants you to be knowledgeable on the subjects that can and do affect the young athletes in our lives. Dr. Metzl will highlight what every parent, coach and athlete needs to know about topics including ACL injuries, prevention techniques, performance enhancing drugs, concussions and bone density. He will also offer updates on specific issues such as strength training for kids and ways to safely improve sports performance.

Widely known as "the athlete's doctor", Dr. Metzl is the team physician for several area high schools, thousands of runners and triathletes and is the sports medicine physician for the Radio City Rockettes. He is the co-founder of the Sports Medicine Institute for Young Athletes at Hospital for Special Surgery, one of the first multidisciplinary centers for the treatment and prevention of adolescent sports injury and is one of only ten sports medicine physicians named by their peers to New York Magazine's Top Doctors' List.

Dr. Metzl is the author of *The Young Athlete, A Sports Doctor's Complete Guide for Parents* (2002) and *Sports Medicine in the Pediatric Office* (2007). In addition to being the medical columnist for *Triathlete* magazine and the "Fitness Coach Columnist" for *Best Life* Magazine, he is a twenty-five time marathon runner and a six time Ironman triathlete.

**Joel Haber, Ph.D - Bullyproof Your Child: Practical Advice for Parents and Children
Wednesday April 14, 7:30 PM Rye Middle School Multipurpose Room**