

**Tuesday, May 14**

- Ideal Protein® Educational Seminar - 6:30pm

**Saturday, May 18**

- 2024 Sports Physical Clinic - 9:00am

**Tuesday, May 28**

- Ideal Protein® Educational Seminar - 6:30pm

---

**Ideal Protein® Educational Seminar**

**Time:** 6:30pm

If you're looking for a proven weight-loss method that comes with a recommendation you can trust, attend one of Lourdes Health's FREE Ideal Protein® Educational Seminars.

Learn more about Ideal Protein® [here](#).

**2024 Sports Physical Clinic**

**Time:** 9:00am

Lourdes Health and Trios Health are partnering to offer a \$10 sports physical clinic on Saturday, May 18, 2024, at the Trios Care Center at Vista Field. The sports physical clinic is open to all local middle and high school students. Fees collected at the clinic will be donated back to the students' respective schools. Payments must be cash or check.

Students who wear contacts or glasses should bring them to their visit for the eye exam portion.