



## Virtual Health & Wellness Forum

# SONY ATHLETE HEALTH FOR ADULTS

**TUESDAY,  
SEPTEMBER 19  
6:30-7:30 PM**

*A discussion regarding Healthy Habits for Life  
- Small, but important, steps to feel good and  
stay healthy! Athletes, Caregivers and  
Coaches encouraged to attend!*

### **SPEAKER**

***Dr. Claire Watson***

INTERIM DEAN OF THE  
DEPERRO SCHOOL OF HEALTH PROFESSIONS  
ST. BONAVENTURE UNIVERSITY



**[CLICK HERE TO REGISTER AND RECIEVE  
FORUM LINK AND DETAILS](#)**

DR. CLAIRE WATSON IS THE FOUNDING PROGRAM DIRECTOR FOR BOTH THE PUBLIC HEALTH AND HEALTH SCIENCE MAJORS AT ST. BONAVENTURE UNIVERSITY. SHE IS A SONY CLINICAL DIRECTOR FOR HEALTH PROMOTION, MEMBER OF THE SONY HEALTH ADVISORY COUNCIL, AND RECIPIENT OF THE SPECIAL OLYMPICS NEW YORK 2023 GOLISANO HEALTH LEADERSHIP AWARD.