



Eating For Peak Performance

Whether you are a competitive or recreational athlete, this seminar will help you build your own sports diet. Learn how to create healthy meals for optimal energy and peak performance using the latest scientific research. Topics include smart snacking, pre and post competition meals, hydration strategies, protein needs, supplement use and more.

Speaker: Laura Z. Morris, RD, LDN, CDE
When: Thursday February 18th @6:00pm
or
Sunday February 21st @10:30am

Location: OHAC- Birthday Party Room

Bonus: **\$25.00 off 8 week Nu-fit program for ALL Attendees**

To Register Contact:

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