



Sports Nutrition Workshop for Recreational Athletes & Casual Exercisers

Feeling fatigued? Not losing weight despite a rigorous exercise routine? Have you hit a plateau? Not sure what to eat or drink to meet your nutrition needs for exercise? Learn some sport and exercise-specific nutrition and hydration strategies at this Sports Nutrition workshop. Janice H. Dada, a registered dietitian and board certified specialist in sports dietetics, will lead the workshop. Space is limited...reserve your spot today!

When? Wednesday, August 25 from 5:30pm to 7:00pm

Topics to include:

- Calculating your specific energy needs
- Power foods for performance
- Hydration—How to know if you've had enough
- Evaluating sports bars and drinks
- Supplements—Do you need them?

Price: \$45 per person

**Light refreshments will be provided*

Location:

180 Newport Center Drive
Suite 187 (Conference Room)
Newport Beach, CA 92660

For questions about this workshop, please contact Janice at 949.478.2288.
To learn more about SoCal Nutrition & Wellness, please visit: www.socalnw.com.

