

# Game Day Nutrition

## Fueling Youth Athletes

Presented by Joanna Chodorowska, BA, NC

Founder & Director of *Nutrition in Motion*, sports nutrition coach, swim instructor, triathlon coach and competitive triathlete

*Join us for an informative session about what to eat and drink pre-, during, post- and between competition and training. Learn how to achieve optimum performance by making healthy food and drink choices.*

Wednesday, October 5, 2011 7:00 pm – 8:30 pm

Westside Wellness Chiropractic

230 Sugartown Road, Suite 60

Wayne, PA 19087

**Register Now at the link below! Space is Limited!**

**\$15 per person** <https://quickclick.com/r/nplbu>

