

Sports Nutrition Presentation Series

Westside Wellness Chiropractic
230 Sugartown Road, Suite 60
Wayne, PA 19087

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 informative and interactive monthly sessions from 7:00 pm – 8:30 pm.

12/14/11: Holiday Eating and Peak Performance

- Holidays are a time for celebration and meals with family and friends.

Did you know your athletic performance can suffer if you eat the wrong combination of foods?

Find out what foods will help you recover and energize rather than cause you to be sluggish.

Saving up for the holiday meal might make you fall asleep on the sidelines rather than be ready to play your best! Keep your competitive edge with better nutrition options.

1/18/12: The Gluten-Free Athlete – Wheat free opens up new options in foods!

Going gluten-free may provide more benefits than you ever imagined! Come find out if Gluten Free is something you want to try!

Future topics to include:

- Go green for recovery
- Real food for real results instead of prefab powders and bars
- All carbs are not created equal
- Why energy bars and drinks are not your friend

Register now at <https://quickclick.com/r/7tdth> or www.n-im.net go to events page.

Space is Limited! Please RSVP to let us know you are coming!

\$15 per person with all proceeds donated to local charities

Call 610.505.5567 or email soccerdcf@yahoo.com for more information

