

# 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.***

## **1/18/12: The Gluten-Free Athlete – You May Feel Better Without Gluten Foods**

Start your New Year with a new choice in carbohydrates!

Learn how to eat foods that are gluten free naturally and where to buy them. HINT: NOT a gourmet health food store!

Why go Gluten Free? Less bloating, less fatigue after you eat, better performance, more nutrients, no headaches, more satisfying foods, less acidic and more! Come find out why you may want to try a gluten free program. And how the family can do it, too!

It is easier than you think. 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:*

- Sports nutrition – it's about what you do off the court!
- Real food for real results
- 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](http://www.n-im.net) go to events page.

Space is Limited!

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

Call 610.505.5567 or email [soccerdcf@yahoo.com](mailto:soccerdcf@yahoo.com) for more information

