HIGH SCHOOL SPORTS NUTRITION WEBINAR

LEARN ABOUT THE IMPACT NUTRITION HAS ON SPORTS PERFORMANCE

AUGUST 14TH, 2020
5 PM
ZOOM WEBINAR
REGISTER AT
HTTPS://WWW.EVENTBRITE.COM/X/
HIGH-SCHOOL-SPORTS-NUTRITION-
WEBINAR-TICKETS-114484927500

- Gain knowledge on basic nutrition practices focusing on sports performance
- Learn how to determine how much you should be eating or drinking
- Discuss common nutrition practices. Could they be hurting your performance?

Extension programs are available to all without discrimination.
Contact Deeona Johnston at deeona.johnston@colostate.edu for more information.