

Nutrition for Peak Performance

Ever wondered what is the best thing to eat to help you achieve a gold medal performance? Want to know what the best foods are to get you through recovery? This seminar will help you discover the best foods to eat pre, during and post exercise for optimum performance and recovery.



Presented by:

Viki Kearns

Sports Dietitian - Complete Nutrition

Date: Wednesday 1st July

Time: 6.30^{PM} - 8.30^{PM}

**Venue: FJ Clarke Lecture Theatre
Sir Charles Gairdner Hospital
Caladenia Loop
Nedlands**

**COST: \$35.00 Non Members
\$25.00 SMA Members
\$25.00 Non Mem Students
\$15.00 SMA Student Mem**

**** Prize - 450g tin of Sustagen ****

For more information, please contact
Sports Medicine Australia (WA Branch)
Ph: (08) 9285 8033 Fax: (08) 9284 9239
Email: info@smawa.asn.au



Register on-line! www.smawa.asn.au

To confirm your registration, full payment MUST be received by SMA prior to course commencement.
Registrations close Wednesday 24th June.