



STUDENT ATHLETE PERFORMANCE NUTRITION SEMINAR



FROM YOUR PLATE TO GREAT!

This seminar is presented to the entire Student Athlete population at Archbishop Murphy interested in improving their Performance Nutrition for athletic performance and wellness. Jordan James, Pn-1, and Julie Mahler, RD, will be presenting simple solutions to performing better for sports by preparing meal plans, recipes, and learning to change poor eating habits that can rob students and athletes of performance benefits on the field and in the classroom. This interactive presentation will also discuss hot topics such as Supplementation for athletes.

ALL STUDENT FROM ALL GRADES ARE INVITED!!!

May 29th, 2013

7pm-8pm, Cafeteria –FREE!!

Register online at IRGPERFORMANCE.COM/AMHS

Under “AMHS Performance Nutrition”

QUESTIONS? Contact Coach James at 425-512-0671 or jordanj@irgperformance.com