

# Sports Nutrition Workshops

For coaches of community teams, teachers coaching school sports and parents of athletes

**Thursday, September 29**

**7:00 - 8:30 p.m.**

West Ferris Arena  
42 Gertrude St E, North Bay

**OR**

**Tuesday, October 4**

**7:00 - 8:30 p.m.**

Chippewa Secondary School  
539 Chippewa St W, North Bay

Healthy eating often gets left behind with busy schedules, tournament traveling and hanging out at arenas or recreation centres. Join the Health Unit at one of these sessions for information on:

- good nutrition for active living
- positive body image
- how to create a supportive environment that makes the healthy choice the easy choice

The workshop is **free!** No pre-registration required.

For more information, call the Health Unit at 705.474.1400, ext. 2532.

**Please note:** These sessions are not about specialized diets. They focus on general healthy eating practices. The workshops are geared to parents, coaches and young adults.

