

Nutrition & Fitness Education Series



JANUARY 16

Fitness: Getting Ready for a Mini Triathlon—Conditioning, (Run, Bike, Swim), Risks and Other Considerations

Nutrition: Nutrition Training for Mini Triathlon

FEBRUARY 20

Fitness: Mini Triathlon Prep Week-Packet Pick Up, Q/A

Nutrition: Mini Triathlon Nutrition Q & A

MARCH 19

Fitness: Keep Flexin': Benefits of Stronger Bones and Muscles

Nutrition: Nutrition Bone Health

All seminars are held from 6 – 7 p.m. in The Fitness Center at The UH Brunner Sanden Deitrick Wellness Center Conference Room B- 2nd floor. Registration is recommended. Call 440-701-7507 to reserve your seat.



8655 Market Street
Mentor, OH 44060
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