

Sports Nutrition Seminar

**** Attention Parents of Athletes ****

Host: Finer Edge Figure Skating Club

Place: Newington Arena – 2nd floor conference room

Date: **Saturday, November 10, 2018**

Time: 9:00 to 9:30am

Presenter:

Pam Rosow, MS, RD, CD-N

Sports Nutritionist

Elite Sports Medicine

Connecticut Children's Medical Center

Discussion geared for parents of athletes

Are you interested?

RSVP to: fineredgefsc@hotmail.com

Do you have questions?

Send to: fineredgefsc@hotmail.com

Finer Edge FSC Members are Free

Non-Members - \$10 per person per session (paid to FEFSC at the door)

ELITE⁺ SPORTS MEDICINE

Connecticut Children's Medical Center 

Balanced nutrition for the athlete maximizes daily energy and improves exercise performance. Learning these skills leads to life long health.