

Atlantic Sports Health Presents:

Girls Do It Better: The Female Athlete

Tuesday, November 15th at 5:00pm-8:00pm

Located at Atlantic Health Jets Training Center



Practical Training Advice for Exercise Enthusiast to Competitive Athletes

Top board certified Sports Medicine doctors as well as certified sports psychologist and sports nutritionist speak on important topics facing active females today.

- Nutrition and Weight Management for the Female Athlete in Training
- Preventing & Managing Musculoskeletal Injuries
- Metabolics & the Female
- Mental Toughness

Doors will open at 5:00pm.
Light refreshments will be served before the program. Prior registration is required.
Register early, space is limited!

Admission is free.

Register: 1-800-247-9580
sportshealth@atlantichealth.org



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