

Adult Sport Nutrition Workshops @ TOSH

An evening workshop addressing Food, Sport & Health

Join us for a sport nutrition workshop at TOSH. The event incorporates both education and food preparation while providing athletes with up-to-date scientific information and tips on practical applications of scientific concepts.



IntermountainSM
**TOSH – The Orthopedic
Specialty Hospital**

The Details:

Clinics cost \$15 and will be held every other month in the Athletes' Kitchen at TOSH

5848 S Fashion Blvd

Murray, UT 84107

North Entrance, 2nd Floor

RSVP: 801-314-2996

Light Dinner Included!

2010 Schedule

✓ February 10 6:00-8:00 pm

Sport Nutrition Basics

✓ April 13 6:00-8:00 pm

Eating on the Road

✓ June 16 6:00-8:00 pm

Eating before, during & after sport

✓ August 18 6:00-8:00 pm

Eating for Endurance

✓ October 20 6:00-8:00 pm

Seasonal Eating for Optimal Performance

✓ December 15 6:00-8:00 pm

Winter Training & Eating Tips



For information on
scheduling a private clinic, or
group cooking event, contact
Kristi Spence
801-314-4038
kristi.spence@imail.org