

**NUTRITION for SPORTS, EXERCISE & WEIGHT MANAGEMENT:
What Really Works and Why**

Friday Nov 13 – Saturday 14, 2015 **Northampton, MA**
Hosted by Smith College Department of Exercise and Sport Studies

Here's your chance to update your sports nutrition knowledge, boost your confidence when counseling active clients, network with peers, and learn from two internationally respected professionals at this information-packed workshop on *Nutrition for Sports, Exercise and Weight Management*. You will learn what really works – and why!

- *Sports nutritionist **Nancy Clark** MS, RD, CSSD is known for her expertise teaching casual and competitive athletes how to fuel for success.*
- *Exercise physiologist **John Ivy** PhD is known for his research with carbohydrates, protein, meal timing, sports supplements, and exercise.*

This 1.5 day program (Friday 8:30-4:30; Saturday 8:00-12:15) is designed to help registered dietitians, athletic trainers, coaches, exercise physiologists, personal trainers, and sports medicine professionals (as well as athletes themselves) learn how to effectively teach the sports nutrition and training messages. You will also glean tips for growing the business of their dreams.

CEUs: AND, ACSM, AFAA, ACE, NSCA, NSCA NASM and CHES

Cost: \$257 for 1.5 day workshop. A group of 4 is \$225; bring your friends!
\$95 full-time students and dietetic interns
\$99 for non-professionals (with no CEUs)

For more information and to register: www.NutritionSportsExerciseCEUs.com

E-mail: ClarkIvy114@gmail.com Phone: [512-461-5407](tel:512-461-5407)

"I was surprised to learn new information on a topic I thought I knew so well. I left with tips I could put right into practice. I am so glad I came!"

--Registered dietitian and personal trainer

If you cannot attend in person, the workshop is also available online for CEUs. Almost as good as being there!

Alternate sites:

ANDOVER, MA	Dec 4 - 5, 2015
RALEIGH, NC	Jan 29-30, 2016
ARLINGTON, VA	Feb 5-6
NORFOLK, VA	Feb 26-27