



In conjunction with One-on-One Nutrition and Fitness, Inc., Ultimate Speed is offering a one hour nutrition seminar. The following seminars will be presented by Mari Gross-Lau, a registered and licensed dietitian. Lectures will focus on fundamental nutritional guidelines for your particular sport, along with information on supplements and the pros and cons of their use. Following each lecture, Dr. Ahmed Rashwan will present the benefits of injury prevention through our Functional Movement Screen. Bring Your Friends, Coaches, etc.!!

July 8, 2009	7pm 8pm	Baseball / Softball Functional Screen Seminar
July 15, 2009	7pm 8pm	Football Functional Screen Seminar
July 22, 2009	7pm 8pm	Soccer / Lacrosse / Hockey Functional Screen Seminar
July 29, 2009	7pm 8pm	Basketball / Tennis / Volleyball Functional Screen Seminar

Admission = \$5.00