



Hanover Hospital
Sports Medicine & Nutrition Services

EATING FOR **PERFORMANCE**

ATTENTION ATHLETES, Hanover Hospital's Sports Medicine and Nutrition Services Departments are offering a free presentation for athletes interested in improving their performance through good nutrition. Athletes will be provided with information on how food affects performance and what types of food to eat before, during and after competition. This program is a must attend for any athlete wanting to step up their game!



DATE:

Thursday, February 23, 2017

TIME:

7:00 p.m.

LOCATION:

**South Western High School
225 Bowman Road, Hanover, PA 17331
Performing Arts Center**

This presentation is open to all high school athletes. To register, please call Jennifer Sherdel, ATC, LAT, CSCS, Coordinator of Sports Medicine at (717) 316-6817 or email at sherdelj@hanoverhospital.org.

