



Nutrition for Optimal Health and Fitness

Using food to your advantage

- What did you eat for breakfast?
- Does the timing of your food make a difference?
- What is the best sport's drink to buy?
- What should you eat or drink to build muscle and improve recovery?

There are so many questions and varying information when it comes to the best way to use food to help fuel your exercise regiment. So why not ask an expert? The Cushman Wellness Center at the Sharp Memorial Outpatient Pavilion proudly presents a seminar to help you navigate the maze of misinformation. Dr. Christine DuPraw, a Certified Specialist in Sports Dietetics, Registered Dietitian and professor of Nutrition at Mesa College, will share tips and tools to get the most out of your body for optimal fitness and repair so you're ready to tackle your next workout, and even take it to the next level.

Tuesday, June 17

6 p.m.

**Sharp Memorial Outpatient Pavilion
Conference Rooms A & B**

To register, call 1-800-82-SHARP (1-800-827-4277)
or visit www.sharp.com/cushman.