

NEWS RELEASE

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SPORTS NUTRITION WORKSHOPS

Do you wonder what to feed your young athlete between games? Are you a coach who wants athletes to eat more nutritious foods?

The North Bay Parry Sound District Health Unit is holding two Sports Nutrition workshops for coaches of community teams, teachers who coach students, and parents of active youth.

Both workshops will provide the same information, but are offered on two different dates: **Thursday, September 29 at West Ferris Arena**, North Bay or **Tuesday, October 4 at Chippewa Secondary School**, North Bay. Both workshops will run from 7:00 to 8:30 pm.

Healthy eating is an important part of active living that often gets forgotten between busy schedules, tournament traveling and hanging out at arenas or recreation centres. Each workshop will give you information about good nutrition for active living, positive body image, and how to create a supportive environment that makes the healthy choice the easy choice. The sessions will focus on general healthy eating practices, not specialized diets.

For more information, call the Health Unit at 705-474-1400 or 1-800-563-2808, or visit www.healthunit.biz.

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