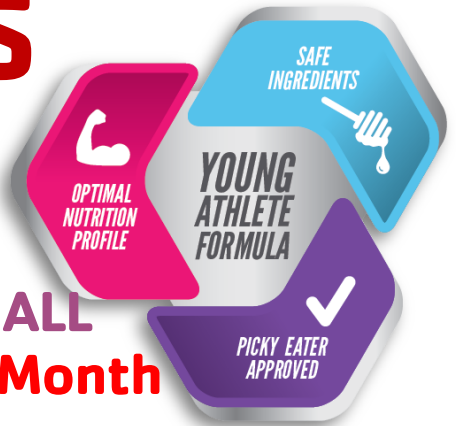




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUELING TODAY'S YOUNG ATHLETE

LAKELAND HILLS FAMILY YMCA
FREE COMMUNITY EVENT OPEN TO ALL
March is Parent & Teen Awareness Month



Parent & Teen Awareness Month kicks off with a perfect way to begin spring sports training. Every parent wants their child to be the best athlete he/she can, no matter the age. This program will ensure you are providing your athlete with the right “fuels” to get the job done. Highlights of the evening include:

- Nutrition before and after practices & games
- Importance of hydration and what you drink
- Simple yet healthy snacks for student athletes

Our presenter is Dana Jacko, MA, RD, a college professor with over 18 years of teaching experience in nutrition and exercise science, and she is also a sports coach. This class is perfect for athletes of any sport, or just someone who wants to have more energy and better performance in their workout. This is a free program open to all; Y membership not necessary. Intramural, recreational, middle and high school teams are encouraged to attend.

DATE & TIME

Tuesday, March 6 from 6:00–7:00pm

REGISTRATION

Online, in person, or call the Y

CONTACT

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LAKELAND HILLS FAMILY YMCA

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