

American Nutrition Association®

Advancing health since 1972

Optimize Sports Performance & Body Composition

Julie H. Burns, MS, RD, CCN

Nutritionist for the Stanley Cup winning Chicago Blackhawks

Learn winning strategies for supercharging athletic performance and health

- ◆ Challenges that Affect Nutritional Status in Athletes
- ◆ Nutrition Before, During and After Sport
- ◆ Basic Supplementation
- ◆ Clinical Assessment and Application
- ◆ Top 5 Foundational Nutritional Needs



Julie H. Burns, MS, RD, CCN is founder of SportFuel, Inc. and Eat Like the Pros. Current and past clients include the Chicago Blackhawks, White Sox, Bears as well as individual pro and elite athletes



Thursday, November 4th 7pm Meet & Greet, Lecture 7:30pm CT

In-Person

National University of Health Science
200 E Roosevelt Rd, Lombard, IL 60148
Bdg. E, West Entrance, Room SC1 -Free Parking

\$20 Non-Member Admission.
Free to ANA members

Live Webcast

Watch on your computer. High speed internet
access & speakers required.

\$10 Non-Member Registration.
Free to ANA members

Visit our website, AmericanNutritionAssociation.org/UpcomingEvents for more information
Call 708-246-FOOD (3663) to register for the webcast or order tickets for the live event

Thank you to our program sponsor



Continuing Education:
Lecture approved for 2hr DC & MD CEU credits through the Illinois Chiropractic Society

AmericanNutritionAssociation.org

Improving Lives Through Nutrition & Wellness Education
708.246.FOOD (3663)