Nutrition & Fitness Education Series



JULY 15

Fitness: Water Work: Pool Activities, Benefits and Risks

Nutrition: Plant Based Diet Made Easy

AUGUST 19

Fitness: The Role of Recovery in Fitness: Highlight Recovery

Techniques, Rest Days, Sleep, Nutrition and Active Recovery

Methods

Nutrition: How Food Affects Gut Health

SEPTEMBER 16

Fitness: Balance and Fall Prevention Strategies - Importance of Proper

Footwear, Home Safety Modifications and Exercises to

Enhance Balance

Nutrition: The Influence of Social Media Nutrition and Food Choices

All seminars are held from 6-7 p.m. in The Fitness Center at The UH Brunner Sanden Deitrick Wellness Center Conference Room B- 2^{nd} floor. Registration is recommended. Call 440-701-7507 to reserve your seat.





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