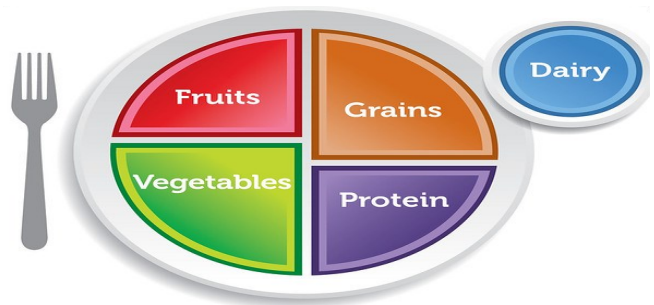


Healthy Habits

Stop by the Healthy Habits Stations to learn more about how to improve your sport performance and overall health!

Nutrition

Nutrition is a critical part of our health. Let's learn about healthy portion sizes!



Goal Setting

Setting goals set the changes we want. Let's discuss your goals!

Physical Activity

Increased flexibility can improve overall sports performance. Let's review some dynamic and static stretches!



Stations will be located Eagle Ridge Lower Level on Tuesday 9am-3:30pm and Wednesday 9:30am-3:30pm