



FOOD IS FUEL

Sports Nutrition for young athletes

Yarmouth Workshop

Monday, Sept. 19th,
6:30-8:30pm

Mariners Centre

Call 902-742-8868 to register!

Shelburne Workshop

Wednesday, Sept. 21st,
6:30-8:30pm

Shelburne High School

Call 902-902-875-3544 ext. 225

Parents and Coaches of athletes in all sports welcome!



Yarmouth Shelburne
MUNICIPAL RECREATION ASSOCIATION

