

# INJURY free TALK

## NUTRITION & INJURY PREVENTION TACTICS

THURSDAY, August 16<sup>th</sup> @ 7:00p

### PART 2: Specifics for Late Season Training

August 16<sup>th</sup>, 2012 @ 7:00p  
Utah Sports and Wellness Group Room

**RSVP Required**

Call to RSVP  
**801.486.1818**



### SPACE IS LIMITED

\$10 to reserve your spot and receive a **FREE SESSION** in our  
Hyperbaric Oxygen Therapy Chamber

Presented by,

#### DR MICHAEL CERAMI

Owner of Utah Sports and Wellness  
2x Tour of Utah Chiropractor  
Seasoned Triathlete

#### CARI JUNGE

USW Nutrition & Therapy Director  
USATriathlon and USACycling Level II Coach  
8x Ironman Triathlete



This Talk was developed for Team In Training® to support the runners and cyclists participating in Late Season events.



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utahsportsandwellness.com

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