

FREE COMMUNITY LECTURE SERIES

# Sports Nutrition for the Teen Athlete

April 12 • 7:00 p.m. – 8:00 p.m.

Cayuga Wellness Center

3rd Floor • 310 Taughannock Blvd • Ithaca, New York



*Learn practical solutions to common sports nutrition problems faced by teen athletes!*

**Presenters:**



**Cindy Milner, MEd, RDN, CSSD, CDN**  
*Registered Dietitian Nutritionist - Sports Dietitian, Cayuga Center for Healthy Living*



**Nicole Humpf, ATC**  
*Athletic Trainer - Certified, Sports Medicine and Athletic Performance*

For more information and to RSVP: (607) 252-3580 or [cls@cayugamed.org](mailto:cls@cayugamed.org)



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