



Primal Audi Denver Women's Race Team Presents:

SPEAKER SERIES

Motivational • Inspirational • Educational



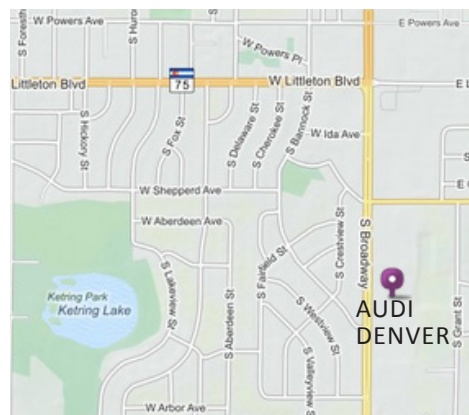
GUEST SPEAKER:
Julie Emmerman, Psy.D.

TOPICS:

- Self Doubt
- Identifying and Eliminating Self-Sabotage
- Useful Tools



WHEN: Thursday, August 27th
TIME: 5:30-7:00pm (*light refreshments will be served*)
WHERE: Audi Denver
6060 S. Broadway, Littleton, CO 80121
COST: FREE (\$5 donation to Tour de Cure)
REGISTER: PrimalAudiDenverSeries.eventbrite.com
or call: 303.503.6818
WHO: Everyone



Come join Primal Audi Denver Women's Racing Team for an informal, engaging and interactive talk by professional cyclist, author and psychologist, Julie Emmerman, Psy.D.

About the Speaker: Julie's practice includes both Clinical and Health Psychology with a specialization in Sport Psychology. She has worked with elite and professional athletes including Garmin-Slipstream Mens' Professional Cycling team 2008-2009, and various Continental team members. Julie's a contributing author, *Performance in Cycling* (*in press April 2012*), and a member of Medicine in Cycling Concussion Task Force (2008-present). Her professional cycling career includes mtb and cx (1999-2005) and road (2009-present). She conducts a private practice in Boulder, Colorado.



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