



JAMAICA ASSOCIATION OF PROFESSIONALS IN NUTRITION AND DIETETICS
ANNUAL SYMPOSIUM

NUTRITION IN SPORTS MEDICINE
Theme: PREPARING FOR COMPETITION

SATURDAY, JUNE 7, 2008

KNUTSFORD COURT HOTEL

TIME: 8.00 TO 4.00 P.M.

CEU AWARDED

PRESENTATIONS:

- Evidence of nutrition efficacy in sports performance
- Appropriate weight and body composition
- Nutrition in injury prevention and recovery
- Nutrition in mental preparation, maintaining focus and hydration
- Maintaining stamina
- Managing eating in the sports village
- Diverse nutritional challenges in sport

EARLY REGISTRATION (UP TO MAY 16): J\$1200

FEE AFTER MAY 16: J\$1500

(J\$1000 FOR JAPINAD MEMBERS AND STUDENTS WITH ID)

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ALL ARE WELCOME