

# IUP SPORTS PERFORMANCE NUTRITION SERVICES (SPNS) PRESENTS

## Sports Nutrition “Tuesday Talks” Fall 2020 Zoom Seminar Series for IUP Athletes, Coaches & Staff

- September 8- “Fueling On-the-Go”
- September 22- “Budget Savvy Shopping”
- October 13- “Maximize Nutrition, Minimize Injury & Illness”
- November 3- “Fueling with a Purpose”
- December 1 – “Nutrition for the Female Athlete”
- December 15- “Nutrition for the Male Athlete”

Sessions will occur 8:00 PM-9:00 PM via Zoom

Join from PC, Mac, iOS or Android:

<https://iupvideo.zoom.us/j/6947295444>

Or join by phone: +1 301 715 8592 (US Toll) or +1 312 626 6799 (US Toll)

Meeting ID: 694 729 5444

Topics will focus on the needs of IUP student-athletes.

Presentations will be fun and interactive with opportunity for questions.

For questions/concerns please contact SPNS Faculty Director:  
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