



Fitness Center Lecture Fall 2009 In Harry West Gym Room 206

Monthly Lecture Schedule

Mon. October 12 @ 5:00 pm

Topic: “High Performance Nutrition”

Speaker: Brooke Joanna Benlifer,

RD is a Cornell University graduate and registered Dietitian.

She frequently lectures and maintains a private practice, working with clients of all ages, from pediatric to geriatric and consults at athletic training sites.

Brooke’s passion is preventative health through optimal nutrition and has expertise in weight management and sports nutrition.

Students who attend a lecture will receive 1 hour of extra credit for each lecture they attend.

Faculty who attend a lecture will receive 1 hour of FLEX

Credit. FLEX # 55064

For Questions, please contact Paul Greer at (619) 388-3704

Come attend a
Fitness Center
Lecture for Fall
2009

