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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**DON'T
HIT
THE WALL**



Nutrition Basics for Endurance Athletes

Are you training for your first marathon or triathlon? Good nutrition can help to enhance your performance and achieve your marathon goals. Join Stephany, the YMCA of Southern Indiana's Registered Dietitian, to learn how to fuel your body right for your upcoming event.

For more information:
Contact Stephany at
sgholston@ymcasi.org

YMCA of Southern Indiana

Clark County Branch
4812 Hamburg Pike
Jeffersonville, IN 47130
(812) 283-YMCA

Floyd County Branch
33 State Street
New Albany, IN 47150
(812) 283-YMCA

www.ymcasi.org

Dates and Locations

Clark County Branch
Wednesday, February 22 at 6:00 p.m.

Floyd County Branch
Wednesday, February 29 at 6:00 p.m.

*This is a free discussion, but please register at the front desk if you wish to attend.