



**Tuesday 21 February 2017 –
Kavanagh Auditorium
(7-8.30pm, doors open
6.30pm for door sales)**



SPORTS DIET AND NUTRITION EVENING

**Fundraiser for St Clair Junior Surf Lifesavers
attending Oceans 17 (nationals).**

An interesting night for those keen to ensure they fuel their bodies and minds in a way that keeps them healthy and growing whilst competing in the sports they love. A great way for the whole family to update their knowledge on sports diet and nutrition.

Dr Kirsty Fairbairn is an accredited registered Dietician who has worked with a number of individual sports people and teams over the last 15 years. She loves to help people of all ages get the best out of their lives by fueling their bodies to enable potential.

Anna, Liam, Lima and Scott are achieving great things in sport, all four know what it takes to get there.

Tickets: \$10 per person, please contact Kate on 027 2456179 or email stclairjunioroceans17@gmail.com. Door sales available.

**Sports Diet and
Nutrition for
young athletes**

**Come along and
hear Dr Kirsty
Fairbairn speak
on what and how
to fuel active
young people**

**Along with
motivation and
mindset speakers:**

**Anna Grimaldi –
Gold Medalist Rio
Paralympics**

**Liam Coltman
and Lima Sopoaga
- Highlanders and
All Blacks**

**Scott McLeod –
Highlanders
Assistant Coach**

**Cnr York and
Tennyson Street.**