



Mayo Clinic Sports Medicine Center

## EXOS Performance Nutrition Invites You!

COME EXPERIENCE

# FUELING FOR PERFORMANCE

*Nutrition for the High School Athlete*

**DATE & TIME:** *Athletes welcome to attend one of the two available dates for their group (ie. males or females)*

**Option #1**

- Wed, Sept. 17th @ 6:00pm (Female Athletes only)
- Wed, Sept. 17th @ 7:30pm (Male Athletes only)

**Option #2**

- Sat, Sept. 20th @ 11:00am (Female Athletes only)
- Sat, Sept. 20th @ 1:00pm (Male Athletes only)

**LOCATION:**

**Dan Abraham Healthy Living Center (Mayo Clinic)**  
Sports Medicine Center, 3rd Floor  
565 1st St SW, Rochester, MN

**COST:**

**\$10** (covers 1 athlete and 1 parent)



**EVERY DAY IS GAME DAY.**  
[sportsmedicine.mayoclinic.org](https://sportsmedicine.mayoclinic.org)

Please call the Sports Medicine Center  
to pre-register using a credit card  
507-266-9100.  
Walk-ins welcome.