



MASTERS SWIMMING CANADA LUNCH'N'LEARN @ NATIONALS

ETOBICOKE OLYMPIUM

590 Rathburn Road, Toronto, Ontario, M9C 3T3

Use your Lunch Breaks to hear these presenters impart their wisdom and share their experiences to allow you to become a better swimmer. Bring your lunch; MSC will provide water and juice!

SATURDAY, MAY 21, 2016

A NEW LEAF - NATUROPATHIC CARE

Melissa Piercell

Naturopathic Doctor, A New Leaf Naturopathic Care

Drawing on experience with Olympic swimmers and elite athletes, you will be motivated to improve your lifestyle through changes to exercise and nutrition that are long-term and realistic.

SUNDAY, MAY 22, 2016

INJURY PREVENTION STRATEGIES FOR AGING ATHLETES

John-Paul Catanzaro

Certified Kinesiologist, Personal Trainer and Fitness Appraiser

Discover unique and novel strategies that aging athletes can use to prevent injuries.

REGISTRATION

Pre-registration is strongly encouraged.

Registration will be available on site at the MSC exhibit if space limitations have not been exceeded.

FEE

\$20 per session; \$30 for both sessions if pre-registered.

SEATING LIMITED. REGISTER NOW with  