



MASTERS SWIMMING CANADA LUNCH'N'LEARN @ NATIONALS

WWW.CMSC2016.COM

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 Exercise Physiologist, 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  