

FREE NUTRITION SEMINARS

- NUTRIENT TIMING
- FUELING YOUR DIFFERENT
WORKOUT GOALS:
STRENGTH, ENDURANCE,
REST AND COMPETITION

with **Lindsea Burns**
Nutritional Therapy Practitioner (NTP)
Clinical Nutritionist



Thursday, November 6th 7pm

Fuel Your Body: Food for Every Workout

LEARN WHAT TO EAT AND WHEN
BASED ON YOUR WORKOUT GOALS

SIGN UP NOW!

SEE THE FRONT DESK FOR DETAILS.



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*Eligibility to participate in these events determined at the time of sign-up.
No changes or modifications apply.