

On Behalf of

Ruairí Óg CLG Cushendall

You are invited to

Sports Nutrition Workshop

Highly experienced Sports Nutritionist and Strength and Conditioning coach. Peter Beird has worked with a broad range of professional sporting bodies including:

- Derry Senior, U21 & Minor Gaelic Football teams
- Magners League rugby club Newport Gwent Dragons
- Blackburn Rovers FC
- Paul McCluskey boxing camp

Wed 28th March

Free Admission!!

Players, Club Mentors & Parents are invited to attend and participate in two workshops;

7.30 p.m U12 – U16 Teams

8.15 p.m Minor Team

Contact:

Niall Kearney

(or any club official)

- Fuelling the body to Perform & Repair
- Food made Simple
- Importance of Raw Fruit & Veg
- Health v's Fitness
- Hydration

Sponsored By:

The Natural Health Co

www.donalbrennan.com



Juice **PLUS⁺**