

"Nutrition essentials for young athletes to weekend warriors and everything in between."



# Sports Nutrition, Injury & Prevention

Presented by  
Dr. Lowell Keppel



JUNE 1, 2024

8:30 am - 5:30 pm

Pittsburgh, PA



8 CEUs for DCs PA & OH



**Hyatt Regency Pittsburgh**

1111 Airport Blvd, Pittsburgh, PA 15231  
724-899-1234



JUNE 1, 2024



TO REGISTER

[nutritionseminars.net/workshops](https://nutritionseminars.net/workshops)



Saturday 8:30 AM - 5:30 PM

# ABOUT THIS SEMINAR

In this seminar, Dr. Keppel will discuss signs and symptoms of various sport injuries such as concussions, the healing process of tissue injuries, the stages of the inflammatory process and nutrition to assist with each phase, based on the accepted medical research. This seminar will also explore the topic of injuries to the musculoskeletal system including upper and lower extremities and spine.

## REGISTRATION



DC (with CEUs) ..... \$199  
Other HCP (NO CEUs) ..... \$149  
Staff / Student / Spouse / Etc .... \$ 99

SPIRAL NOTES

REFRESHMENTS

WHOLESOME  
LUNCH

NETWORK  
WITH OTHERS

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