Presents:

“Nutrition and Supplements for the Athlete”

By:

Family Medicine Residency
and the Division of Sports Medicine
ECU Brody School of Medicine

Catherine Ellis, D.O. & Alyssa Heinrich, M.D.

Thursday, March 5, 2020 • 12:30 –1:30 PM
Family Medicine Center Auditorium • 101 Heart Drive, Greenville, NC 27834

Learning Objectives

By the end of this session, participants will be able to:

1. Discuss basic nutrition in athletes;
2. Recognize disordered eating patterns in athletes;
3. Identify and discuss common nutritional supplements used by athletes; and
4. Be familiar with and discuss banned substances.