

# Gaining the Edge: *Sports Nutrition and Mindfulness* Workshop for Young Athletes

October 22<sup>nd</sup> & 29<sup>th</sup> - 4:30-6pm

This is a two-session workshop for ages 12-17.

\$75

Innersource  
980 Awald Road, Annapolis, MD



*Goals—boost sports performance, reduce stress, improve sleep, prevent injury, improve academic performance, increase body awareness and more!*

Presented by Lilah Al-Masri, MS, RD, CSSD, LD and Cindy Maxted, BSN, RN, RYT 200, Certified Mindful Schools Instructor

Register online - [lilahsportsrd.com/classes](http://lilahsportsrd.com/classes)

Class participation min is 5 and max 12.



More information can be found at [lilahsportsrd.com](http://lilahsportsrd.com) and  
[www.mamindfulness.com](http://www.mamindfulness.com)