



Mayo Clinic Sports Medicine Center

## EXOS Performance Nutrition Invites You!

COME EXPERIENCE

# FUELING FOR PERFORMANCE

*Nutrition for the High School Athlete*



### DATE & TIME:

- Monday, November 24th @ 6:00pm (Female Athletes Only)
- Monday, November 24th @ 7:30pm (Male Athletes Only)

### LOCATION:

**Dan Abraham Healthy Living Center (Mayo Clinic)**

Sports Medicine Center, 3rd Floor  
565 1st St SW, Rochester, MN

### COST:

**\$10** (covers 1 athlete and 1 parent)

**EVERY DAY IS GAME DAY.**  
[sportsmedicine.mayoclinic.org](http://sportsmedicine.mayoclinic.org)

Please call the Sports Medicine Center  
to pre-register using a credit card  
**507-266-9100.**  
Walk-ins welcome.