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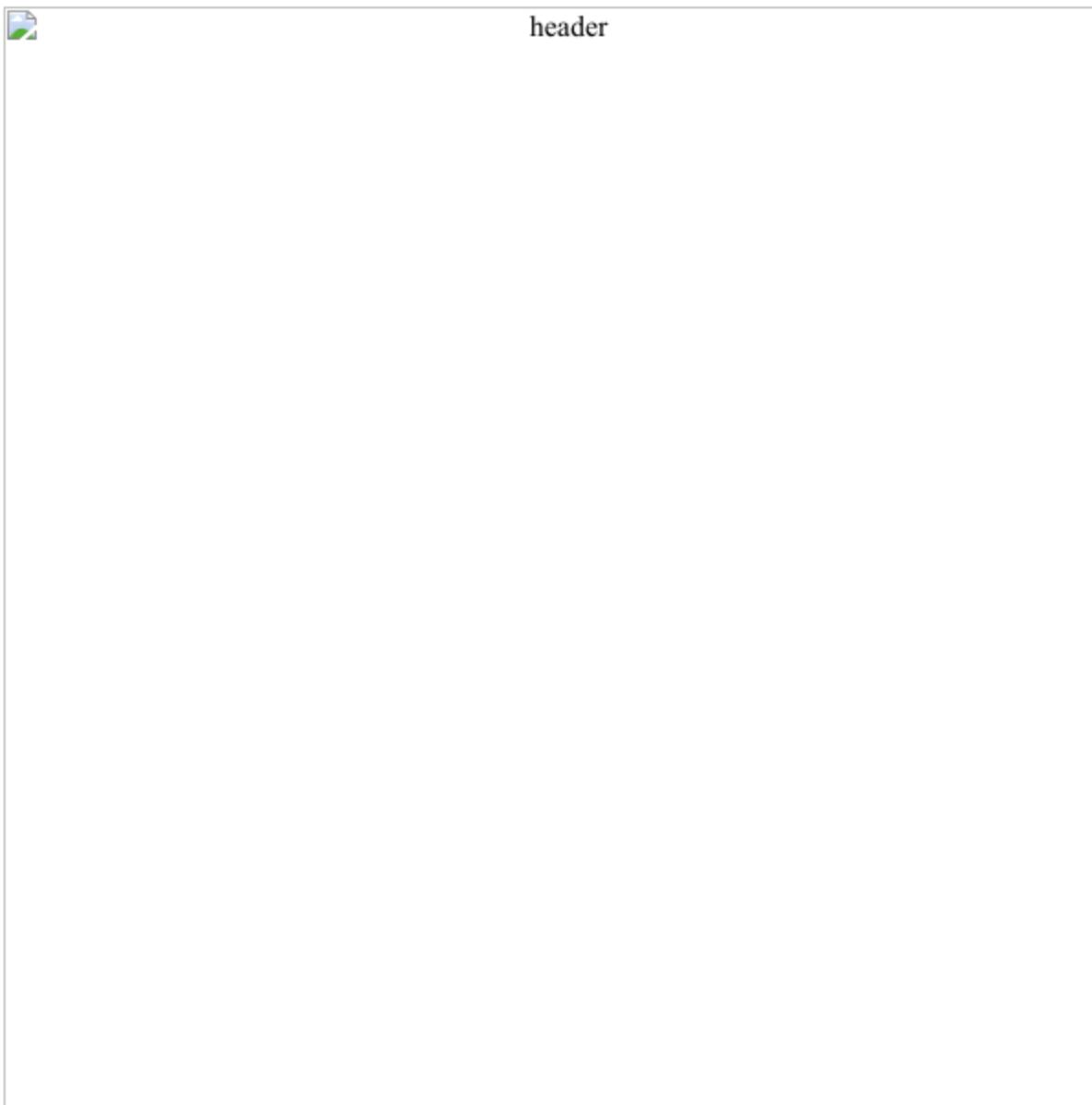
**To:** "[REDACTED]" <[REDACTED]>

**Subject:** Fuel For Athletes Seminar at Sono Field House - February 13, 2013

**Date:** Tue, 05 Feb 2013 21:56:36 +0000

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## **Fuel for Athletes Seminar - February 12, 2013**

Dear Members and Friends of Sono Field House,

Galliano's Performance Trainings' nutritionist, Brianna Diorio, will be conducting monthly nutrition seminars at Sono Field House on the second Tuesday of each month. Topics will include how to build muscle mass naturally, optimal nutrition for athletes, sport supplementation to enhance recovery and protein synthesis, the truth about grains and gluten, the skinny on fats, the evils of dairy, meal planning, lifestyle modifications, and how to achieve optimal levels of health and wellness.

The first seminar, Fuel for Athletes, will be held on February 12, 2013 at 7pm and will discuss how to properly fuel the bodies of athletes in order to enhance athletic performance on and off the field. Brianna will also be discussing healthy snack options, meal creations and how to optimize muscle building and recovery.

The monthly seminars are free of charge, and open to the public. Please feel free to bring a guest or e-mail Brianna with questions regarding health, nutrition, or requests for future seminar topics at [REDACTED].

To learn more about Brianna's philosophies on nutrition, health and fitness please check out her nutrition blog at [REDACTED]

Sincerely,  
SFH Staff

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