



Virtual Health & Wellness Forum

NUTRITION BASICS: SUPPORTING ATHLETES FOR REALISTIC CHANGE

**TUESDAY,
OCTOBER 17
6:30–7:30 PM**

This forum will teach attendees general concepts of supportive nutrition for athletes and how make lasting changes that are realistic for each individual. Caregivers and Coaches encouraged to attend!

SPEAKER

Laura Malick, RD

REGISTERED DIETITIAN
CERTIFIED DIABETES CARE AND
EDUCATION SPECIALIST



**[CLICK HERE TO REGISTER AND RECIEVE
FORUM LINK AND DETAILS](#)**

LAURA MALICK IS A REGISTERED DIETITIAN AND CERTIFIED DIABETES CARE AND EDUCATION SPECIALIST WITH NEARLY 10 YEARS OF CLINICAL NUTRITION COUNSELING EXPERIENCE WITH A FOCUS ON CHRONIC DISEASE PREVENTION AND MANAGEMENT. LAURA HAS BEEN WORKING WITH SPECIAL OLYMPICS AS A CLINICAL DIRECTOR FOR HEALTHY ATHLETES SINCE JANUARY OF 2017.