



CONFERENCE INVITATION

COORDINATING THE HEALTH NEEDS OF THE PHYSICALLY ACTIVE FEMALE

FRIDAY, JANUARY 31ST, 2014 – 8:30 AM – 1:00 PM

**LIU POST, TILLES CENTER, PATRON’S LOUNGE
720 NORTHERN BLVD., BROOKVILLE, NY 11548**

Co-sponsored by: *LIU Post, Dept. of Health, Physical Education & Movement Science and
Timberline Knolls Residential Treatment Center*

Conference Focus:

To provide awareness and understanding of the following:

Female Athlete Triad, a syndrome of insufficient calories, and low bone density

Nutritional needs of physically active females

Training, conditioning and injury prevention for active females

During a working lunch, participants will develop an Action Plan for utilizing the information provided to promote the health and well being of active girls.

Registration is limited so that attention and support can be provided during the Action Planning session. **To register**, send the following contact information to nkoch@liu.edu: Name, Email Address, District, Position and Phone. In the email subject line, please write: January 31 conference. For further information, call Dr. Nana Koch at 516-299-2671.



Making a real life difference.

This conference is offered at no charge, thanks to the generosity of Timberline Knolls Residential Treatment Center, a leading private residential treatment center for women & adolescent girls (ages 12 - 65+) with eating disorders, substance abuse, trauma, mood and co-occurring disorders.

For more information on Timberline Knolls, please call 877.257.9611.



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building mental fitness in all youth.

Mental Fitness is a national nonprofit organization whose mission is to build mental fitness in all youth. Learn more at MentalFitnessInc.org and ThinkEatPlay.org