



Women in Sport Otago – WiSPO, in partnership with Eat, Thrive, Perform is proud to bring you:

‘Fuelling Sporty Daughters’

Join us to learn tips and tricks to support Ōtepoti - Dunedin's busy sporty daughters' health, well-being and performance by optimizing their energy availability.

Brought to you by Sara Richardson NZRD – accredited Sports Dietitian

When: Wednesday 31 May, 2023

Where: Kaikorai Rugby Clubrooms, 25 Lynn St – Maori Hill, Dunedin

Time: 6-7pm

RSVP: wisponetwork@gmail.com by 29 May

Koha (Donation) on the door for the Kaikorai Rugby Club