



Sport Tasman



“EMPOWER HER!” SUPPORTING THE FEMALE ATHLETE !

**COMMUNITY
EDUCATION EVENING
FOR WHĀNAU,
COACHES &
MANAGERS**

WORKSHOP 1

PLAYERS & WHANAU

Date: Thursday 5th June

Venue: Putangitangi, Greenmeadows,
STOKE

Time: 5:30 PM - 6:30 PM

WORKSHOP 2

COACHES AND MANAGERS

Date: Thursday 5th June

Venue: Putangitangi, Greenmeadows
STOKE

Time: 7:00 PM - 8:30 PM

*Nutrition for performance
and wellbeing*

*Training in alignment with
the menstrual cycle*

*Mental health and
resilience*

*Creating a positive and
supportive environment*

**Register
here:**

[CLICK HERE](#)

Keynote Speakers

JESSICA MOULDS

NZ Registered Dietitian, BSc Human Nutrition,
Master of Dietetics,
Sports Nutritionist

REBECCA ATTWELL

BSc Human Nutrition, MSS and current PhD
student