

Cayuga Coaching

FREE Triathlon Lecture Series

March 22, 2018

- Mindfulness

Presented by: Shane Eversfield

April 19, 2018

- Sports Nutrition

Presented by: Cindy Milner

May 17, 2018

- Triathlon Racing Strategy

Presented by: Vic Brown

June 7, 2018

- Injury Prevention

Presented by: Brian Lee

July 12, 2018

- Strength Training & Cross Training

Presented by: Adrian Western

Island Health & Fitness

310 Taughannock Blvd 7-8pm

**To RSVP contact Cayuga Coaching Program Coordinator
Dillon Shaffer, dillonshaffer500@gmail.com**



A Collaborative Partner of Cayuga Medical Center

