



FREE Nutrition Info Session
Tuesday September 19, 2017
7:00pm - 9:00pm
Nipissing University - Room F213

Eat to Perform
Nutrition Strategies to Support Your Sport

**JENNIFER
SYGO**



About Jennifer

Education

- Masters of Science: Human Biology & Nutritional Sciences, University of Guelph
- Undergraduate Degree: Biochemistry, McMaster University

Experience:

- Registered Dietitian and Sport Nutritionist, Cleveland Clinic Canada
- Team dietitian for the Toronto Maple Leafs
- Nutrition consultant to the Toronto Raptors
- Team dietitian for Athletics, Triathlon, and Gymnastics Canada
- Nutrition Columnist, Toronto Star & National Post
- Best-selling author, Unmasking Superfoods (HarperCollins Canada, 2014)
- Nutrition expertise featured regularly on CBC News, CBC Radio, & CTV's Canada AM

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