

How does Nutrition affect Sport Performance....

Fuel the Engine

with Natasha McLaughlin-Chaisson BSc. (Nutr.) DT. P/RD



In Celebration of Coaches Week... Join us for a Free engaging session for coaches looking to improve health and enhance performance.

Natasha works with athletes from amateur to professional levels in a multitude of sports. She works with interprofessional sports teams alongside many renowned trainers, coaches, physiotherapists, athletic therapists and sport psychologists to provide education, training and supports to athletes throughout North America and Europe. She is a sport dietician for the Canadian Sport Centre Atlantic and Coach NB.

Natasha completed a Bachelor's Degree in Sciences (Nutrition), as well as an internship through the Universite de Moncton. She is in the process of completing her Sports Nutrition Specialization through the World Renowned International Olympic Committee.

November 20th 2013 @ 6pm
Eleanor W. Graham Middle School
9 California Road, Rexton, NB

