

FEBRUARY Winning Edge Seminars & Workshops across the Alberta Sport Development Center Network are as follows:

<b>WHEN</b>	<b>WHAT</b>	<b>WHERE</b>	<b>WHO</b>
TUE, January 26 <sup>th</sup> • 7:00 – 9:00 pm	SPORT CONCUSSION SEMINAR	Room Birch B, Grande Prairie Regional College	Northwest Region
WED, February 3 <sup>rd</sup> • 7:00 – 8:00 pm	STRENGTH & CONDITIONING	Room D208, Grande Prairie Regional College	Northwest Region
WED, February 3 <sup>rd</sup> • 7:00 – 8:30 pm	INTRODUCTION TO TRAINING & CONDITIONING	Kinesiology Classroom: Syncrude Sport & Wellness Centre, Keyano College	Northeast Region
SUN, February 7 <sup>th</sup> • 7:00 – 9:00	IMPLICATIONS FOR THE FEMALE ATHLETE with Dr. Vicki Harber	Medicine Hat Lodge, Medicine Hat	Southeast Region
MON, February 8 <sup>th</sup> • 7:00 – 9:00	CANADIAN SPORT FOR LIFE INFO SESSION with Dr. Vicki Harber	Room PE250, University of Lethbridge	Southwest Region
MON, February 8 <sup>th</sup> • 7:00 – 8:30 pm	THE ETHICS OF PERFORMANCE: SUPPLEMENTS & PERFORMANCE IN SPORT	Room 2501, Red Deer College	Central Region
TUE, February 9 <sup>th</sup> • 7:00 – 8:00 pm	NUTRITION: EATING FOR PERFORMANCE	Kinesiology Classroom: Syncrude Sport & Wellness Centre, Keyano College	Northeast Region
WED, February 10 <sup>th</sup> • 6:15 – 7:15 pm	SPORTS NUTRITION with Heidi Bates	Room D208, Grande Prairie Regional College	Northwest Region
WED, February 10 <sup>th</sup> • 7:30 – 8:30 pm	NUTRITION: EATING FOR PERFORMANCE with Jen Rogers	Kinesiology Classroom: Syncrude Sport & Wellness Centre, Keyano College	Northeast Region
MON, February 22 <sup>nd</sup> • 7:00 – 9:00 pm	SPORT CONCUSSION SEMINAR	Room Margaret Parsons Theatre - Red Deer College	Central Region
TUE, February 23 <sup>rd</sup> • 7:00 – 8:30 pm	SPEAKING YOUR MIND	Room 2501, Red Deer College	Central Region

For more information please contact the appropriate ASDC centre as follows:

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