



A Juice Plus+® Health Education Series Presents

Nutrition, Exercise, Stress Management and Injury Prevention

Jack Medina will be talking about "Fact & Fantasy in Nutrition & Exercise"; Sports Enhancement Supplements - Fact & Fantasy; Fueling & Training for Peak Performance; Protein Supplements & Creatine; Misleading Hype, Claims and Testimonials and much, much more. Every parent, coach & athlete should plan to attend.



Jack Medina, M.A. received his bachelors and Masters Degree in Physical Education at San Jose State University. He began his coaching career at Homestead High School in California. Moving to California State University, Northridge, Jack developed 19 All American Gymnasts & 3 National Event Champions.

Jack's success led him to International Competition where he worked with many of the top gymnasts in the world, including the USA's Cathy Rigby. He also served as a strength & conditioning consultant to the Oakland Raiders, Los Angeles Rams, Seattle Seahawks & Golden State Warriors. Jack implemented & supervised a Stress Management-Wellness Program for Los Alamos National Laboratory & their 10,000 employees.

Jack has been lecturing throughout the world for more than 25 years, inspiring thousands of people to take charge of their lives. He is the author of numerous articles on Health issues, & a new book entitled "The Winning Edge: Fueling & Training The Body For Peak Performance." Jack is an active member of the American College of Sports Medicine, The National Strength & Conditioning Association, & a Certified Fitness Specialist by the Cooper Center in Dallas, Texas, one of the most prestigious in the world.

Please join us

April 17, 2009

The Plaza Hotel & Suites

1202 West Clairemont Avenue

Eau Claire, WI 54701 (715) 834-3181

Registration 6:30 ~ Lecture 7:00

~Guests Free~

Seating is limited, please RSVP by April 13th

to Tammy Schwartz

715-642-3360