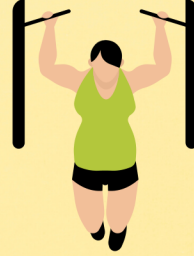


SUPPLEMENTS 101

The inside scoop on workout supplements



Which ones should you use?



Are they safe?



How do they work?



Tuesday, September 27th

6:00pm-8:00pm

LRC 221 (Lecture Room)

Free event!

Registration open:
recportal.mtsu.edu

(drop-ins also welcome!)



Pre- & post-workout
snack samples provided!