

Hydration & Electrolytes Running Nutrition Clinic

**Wednesday,
February 21,
6-7:30 p.m.**

TOSH Auditorium

Join us to learn why it's important to stay hydrated & replace electrolytes. We will share tips on:

- How to stay hydrated
- When to replace electrolytes
- What products are out there
- How to make your own recovery drink

Your TOSH instructor will be:
Ashley Hagensick, M.ED., RD, CSSD
TOSH Sports Dietitian

**Cost is \$10. To register
and make payment
call 801-314-2996.**

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Specialty Hospital**

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