

Achieving Peak Performance in Endurance & Multisport Competition

Saturday February 11th at 4:00pm-6:00pm

Where: Back to Health Chiropractic, 21 Daigle Lane Suite 103, Sanford Maine

*Join our clinic director, **Dr. Marc Dupuis** & **Special Guest: Amber Ferreira**, Ironman Champion, US National Snowshoe Champion, Endurance Coach & Professional Triathlete For an information packed seminar with tips, tools and strategies to help you have your BEST YEAR YET! All athletes are welcomed to attend!*



\$20 per person, all proceeds to benefit the Sanford Springvale YMCA Youth Scholarship Program.
Call us today @ 207-324-7098 to reserve your spot, and submit questions for Amber.
Seating is limited for this Special Event!

Presenter & Topics

Marc A Dupuis DC, CCSP, ICCSP

Board Certified & Internationally Certified Chiropractic Sports Physician

Session 1: Overtraining

A Silent cause of sickness, injury and poor performance among Athletes of all levels and abilities! Are you one of the 48% of athletes that over train? Learn how to avoid falling into the downward spiral of fatigue, over reaching & overtraining.

Session2: Recovery

Recovery is Invisible Training. Learn the tools, tactics and strategies used at our Olympic Training Centers and by countless Professional athletes to maximize recovery so they can perform at their best!

Session3:

Amber Ferreira

Ironman Champion, US Snowshoe Champion, Endurance Coach & Professional Triathlete

Amber will be answering your **most popular questions** on all things Multisport!!