

# RUNNING THROUGH MENOPAUSE

Date: Sunday, February 28, 2021

Time: 7:00-8:00 PM

Cost: Free

In Part Two of our Running Through Menopause webinar series, experts in nutrition and strength training will provide information about fueling and exercises to optimize your running, prevent injury, and feel your best during menopause. Among the topics to be discussed include:

- How our bodies' nutritional needs change during menopause
- Adjustments to our fueling to support our changing nutritional needs
- How to approach strength training to support your running needs, maintain muscle mass, and prevent injury

Please sign up [here](#) in order to receive the Zoom link to this webinar.



**Amy Goldsmith**  
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Certified Personal  
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T.E.A.M. Fit



**Rachel Miller**  
PT, OCS and  
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**Lisa Levin & Julie Sapper**  
RRCA Certified Running  
Coaches  
Run Farther and Faster

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ONLINE WEBINAR: PART TWO

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