



# COACHING SEMINAR

**February 10-11, 2018**

**Manitoba Sports Hall of Fame**  
(145 Pacific Ave., Winnipeg)

Hear from presenters in the fields of  
**SPORT PSYCHOLOGY, NUTRITION,  
& STRENGTH AND CONDITIONING**

**It's all  
FREE!**

**Topics include:**

Mental Health for Coaches

How to Change Habits

Getting Creative with Body Weight Programs

Administration/Organization: Best Practices

Value of Mentorship

How to Get Involved with NAIG 2020

**AND LOTS MORE!**

**RSVP by February 7th, 2018**

*For more information or to RSVP email Leah at  
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