

HOW TO KEEP YOUR HEAD ABOVE WATER

PRESENTED BY THE WIL-POWER FOUNDATION



Transitioning to College can be a scary and confusing time...

We have developed some short workshops to address the concerns that young student athletes have when they think about starting school away from home. Workshops include:

- 👁️ Stress management education
- 👁️ Financial Considerations for students on a budget
- 👁️ Taking care of your health through proper nutrition
- 👁️ The importance of never leaving a team mate behind



Free Education for young athletes

Content developed by licensed nutritionists and social workers

Presentations by Emily Mintner, DPT, ATC, CSCS

Workshop dates and times are flexible

THE WIL-POWER FOUNDATION, INC

NON-PROFIT ORGANIZATION

10575 N Skylark Terr
Citrus Springs, FL 34434

Contact Alissa Martin,
Director, for more info:
silversprint@msn.com
904-718-9555

