



# INSTITUTE *of* ENDOCRINOLOGY

Diabetes, Health & Hormones

## 2019 YOUTH AND FAMILY EDUCATION SERIES

### **Class 1: Nutrition Timing**

### *How to Eat for Your Best Performance*

#### *PRESENTERS:*

Jessica Watson MS, RD, CSSD, LD/N  
Registered Dietitian/Nutritionist

Farid Morsi, CPT  
Wellness Clinic Director, Personal Trainer

**DATE:** February 25, 2019

**TIME:** 4:00-5:00 PM

**Location:**

Institute of Endocrinology, Diabetes, Health and Hormones  
633 E. Baldwin Rd., Panama City, FL 32405

**COST:** \$5.00 per family

Not a patient? Not a problem!  
*It isn't necessary to be one of our patients to join us!*