

LOW CARB NUTRITION AND ITS BENEFITS FOR RECOVERY AND SPORTING PERFORMANCE

Speakers



Dr. Peter Brukner

Dr. Peter Brukner is a specialist sports and exercise physician and the founding partner at the Olympic Park Sports Medicine Centre in Melbourne. Peter is a world renowned sports medicine clinician and researcher. He is currently Team Doctor for the Australian cricket team.



Dr. Rod Tayler

Dr. Rod Tayler is a Melbourne anaesthetist with an interest in weight loss research and low carbohydrate diets. He has given many presentations on the subject of restricting carbohydrate intake for long-term health benefits to medical and other allied health professionals.



Bettina Ruhl

Bettina Ruhl is a Melbourne based physiotherapist and health coach with an interest in low-carb nutrition. Her passion lies in all aspects of health and wellbeing, especially if they are preventative in nature and help maximise people's health outcomes.

Who it's for

This event is targeted to physiotherapists and other health professionals that are interested in learning about low carb nutrition and its potential benefits for sporting performance and recovery.



Registration (Essential)

<https://lchf-basics.eventbrite.com.au>



Cost:
\$15 per person



When:
Tuesday
May 9th 2017



Time:
7pm to
8.30pm



Where:
Epworth Hospital – The Auditorium
89 Bridge Road, Richmond, Victoria

