



Wednesday, February 15th, 2012 7:00pm
SMPA General Meeting and Guest Speaker

Would you like to help your family eat healthier in the New Year?

Damon Amato, Nutrition Manager at SHARC (Shrewsbury Health and Racquet Club), will be doing a short presentation on healthy snacks for your kids and will be doing a breakdown of a common nutrition label.

Bring your questions!

Damon did his undergraduate work at Northeastern University as an Athletic Training major. Upon graduation in 2004, Damon became the Head Athletic Trainer at Lowell High School in Lowell, MA. Since then, Damon has volunteered his services at the finish line of the Boston Marathon, as well as the U.S. figure skating championships. He also is a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA). Since 2008, Damon has held a nutrition certification through the American Academy of Sports Dietitians and Nutritionists, and works as SHARC's Nutrition Manager helping people reach their diet and exercise goals since the summer of 2010.

Damon's talk will be complimented by a short presentation of the physical education program at our school with hopefully some student demonstrations for us to enjoy!

We hope to see you there!