

**The Exercise Science Dept.
Presents,**

**Nunzio Signore,
Rockland Peak Performance**

**“Strength Training and Program
Design for the OH Athlete”**



RocklandPeakPerformance.com

**Learn about: assessment, program design, sport performance,
internship opportunities and more!**

When: Thursday, February 9th

Where: Life Science Complex rm 105

Time: 6:30pm