



PERFORMANCE SEMINAR SERIES

WEDNESDAY, 2/19/2014, 6:30PM-7:30PM

KIERNAN CENTER LOUNGE

PERFORMANCE AND DIET SUPPLEMENTS

SPEAKER: KEVIN COSTANZO, BS, CPT

TOPIC INCLUDES:

LEARN THE MOST UP TO DATE RESEARCH ON TODAY'S MOST POPULAR PERFORMANCE AND WEIGHT LOSS SUPPLEMENTS SUCH AS PROTEIN, CREATINE, BCAA'S, PRE WORKOUT POWDERS, WEIGHT LOSS PRODUCTS, TESTOSTERONE BOOSTERS & GROWTH HORMONE ENHANCERS. DISCOVER THE DIFFERENT TYPES AS WELL AS THE ADVANTAGES AND DISADVANTAGES, KNOWN SIDE EFFECTS, HOW THEY WILL EFFECT YOUR TRAINING GOALS, AND IF BUSINESS MARKETERS ARE TELLING THE TRUTH ABOUT THEIR PRODUCT.

SATURDAY, 2/22/2014, 3PM-4PM

KIERNAN CENTER FRONT GYM

MOTIVATIONAL SPEAKING ENGAGEMENT

SPEAKER: MARCELLUS BOWMAN, CPT, PES, LINEBACKER- HAMILTON TIGER-CATS (CFL)

2008 Unsung Hero Award and TCCA Korey Stringer Golden Helmet Award

TOPIC INCLUDES:

INTRODUCTION, COMMON DENOMINATOR BETWEEN ALL SUCCESSFUL PEOPLE, THE DIFFERENCE BETWEEN "WORKING HARD" AND "WORKING SMART", AND DOES DIFFICULTY MATTER?

"Life, health and success based speeches are my forte. My speeches wont incite a pep rally, nor are the supposed to. Instead I will ignite their curiosity and through this curiosity they will begin to ask and answer their own questions which is purest way to progress."

SEMINARS ARE FREE AND WILL BE HELD FOR ALL OF THE NIAGARA UNIVERSITY COMMUNITY. TO PARTICIPATE ALL YOU NEED TO DO IS SHOW UP.
FOR QUESTIONS OR CONCERNS PLEASE CONTACT DANNY RIGGI AT (716) 286-8055 OR AT DRIGGI@NIAGARA.EDU