

OUTDOOR FLORIDA WEBINAR SERIES



NUTRITION AND FITNESS IN OUTDOOR RECREATION

**DECEMBER 13, 2023
10:00 AM ET**

The health benefits of outdoor recreation are multiplied when combined with a healthy diet and regular exercise. Join our guests from the team at Tallahassee Memorial Healthcare to discuss which foods best support an outdoor lifestyle and other nutrition insights. We'll also explore the overlap between outdoor recreation and outdoor exercise with a look at the benefits of staying active outdoors and ways to elevate your normal walk or hike into a workout.

REGISTER NOW!

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AFAFE QASEM

Community
Wellness Dietitian,
Tallahassee
Memorial
Healthcare



CHRISTINE MORSE

Fitness Coordinator
and Certified
Personal Trainer,
Premier Health and
Fitness Center