**FALL, 2019**

**Consumer Health Decisions**

**Presentation Schedule**

**8:00 pm Monday NIGHT**

**Nov. 18th**

Matt G. & Keith R. – High Intensity Interval Training

Conor D. and Hjah B.- Anabolic Steroids

**Nov. 25th**

Karron W. & Yousuf B.- Creatine Supplementation

Chris G. – Blood Doping

**Dec. 2nd**

Bailey D. & Sean S. – Foam Rolling

Zayna S. & Suze M. – Ketogenic Diets

**Dec. 9th**

Toby H. & Braheem W. – Restricted Breathing Masks

James D. & Tim H. – Caffeine & Sports Performance

Victor C. & Michael F. – Cupping to improve healing.