



Join the Holy Cross Orthopedic Institute Sports Medicine team for the next Sports Medicine Huddle!

TARGET AUDIENCE: Physicians, Physician Assistants, Nurses, Physical & Occupational Therapists, Athletic Trainers, Dietitians & other healthcare Associates interested in learning about comprehensive care for athletes.

NEXT HUDDLE: Friday, **November 6th, 2026**, 7:00am-8:00am

SPEAKER: **Courtney Mohamed, RD, LD/N**

TOPIC: Macronutrient Requirements for Long and Short Distance Runners

WHERE: Holy Cross Orthopedic Institute @ HealthPlex, 1st Floor Conference Room
(5597 N. Dixie Hwy., Ft. Lauderdale 33334)

LEARNING OBJECTIVES:

1. Carbohydrate, fat and protein needs for long and short distance runners
2. Meal timing prior to running
3. Importance of good nutrition and sleep for peak performance.

Next Huddle will be on December 4th, 2026

*This is a **FREE** educational opportunity!*



*Holy Cross Sports Medicine (provider # P10128) is approved by the Board of Certification, Inc. to offer continuing education for **Certified Athletic Trainers**.*



*Keiser University, a CAPTE accredited school, (CE Broker Provider Tracking # 50-16327) is approved by the Florida Board of Physical Therapy to offer continuing education for **Physical Therapists and Physical Therapist Assistants**.*

The Sports Medicine Huddle typically occurs **every 1st Friday** of each month.

Your participation will help our nationally recognized program continue to be the #1 Orthopedic Program in Broward County...and beyond.

Questions? Or Interested in presenting...Contact Sonya.Montoya@holy-cross.com