



Sports Medicine  
and Performance Center

UNIVERSITY OF COLORADO  
SCHOOL OF MEDICINE

IN PARTNERSHIP WITH  
BOULDER COMMUNITY HEALTH

# OCT2017

## COMMUNITY LECTURE SERIES

SUN	MON	TUE	WED	THU	FRI	SAT	
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Sports Nutrition with Ryan Kohler						
	<b>29</b>	<b>30</b>	<b>31</b>				
	Physiology of Exercise with Jared Berg						



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# NOV 2017

## COMMUNITY LECTURE SERIES

SUN	MON	TUE	WED	THU	FRI	SAT	
				01	02	03	04
	05 Bike Fitting with Charles Van Atta	06	07	08	09	10	11
12 CUSMPC Research with Janel Martinez	13	14	15	16	17	18	
19	20	21	22	23  Happy Thanksgiving	24	25	
26 Strength Training with Jess Elliott	27	28	29	30			



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# DEC 2017

## COMMUNITY LECTURE SERIES

SUN	MON	TUE	WED	THU	FRI	SAT
						01
						02
	03	04	05	06	07	08
	Women's Night with Mollie Brewer					09
	10	11	12	13	14	15
	Overtraining with Dr. Inigo San Millan					16
	17	18	19	20	21	22
	Elite Athlete Night with Lauren Goss and Jared Berg					23
	24	25	26	27	28	29
						30
	31					



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# JAN 2018

## COMMUNITY LECTURE SERIES

SUN	MON	TUE	WED	THU	FRI	SAT
	01 	02	03	04	05	06
07 Strength Training with Jess Elliott	08	09	10	11	12	13
14 Performance Nutrition with Ryan Kohler	15	16	17	18	19	20
21 Strength Training with Jess Elliott	22	23	24	25	26	27
28 Focus on Health with Inigo San Millan	29	30	31			