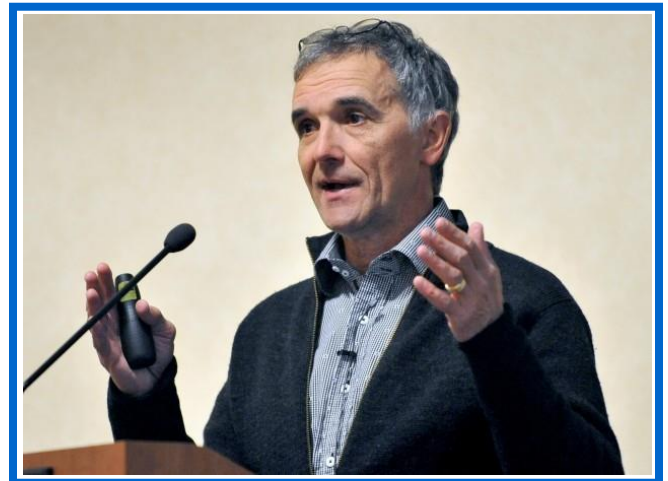


# Dr. John Underwood

## Founder of Life of an Athlete & Director of Human Performance Project



- Systemic Community Approach
- Helps Kids Make Smart Choices
- Teaching lifestyles that will help your kid succeed in life as well as sports
- Is evolutionary and on going
- Proven scientific facts of how performance is affected by drugs & alcohol



John Underwood is a dynamic speaker who is passionate about sharing his expertise and insight on how to train, inspire and guide young students to perform at the peak of their ability.

John Underwood, a former NCAA All-American runner, coach of Olympic champions and consultant for US Navy Seals presents up-to-date information on how alcohol and other substances affect the body and brain as well as ways to boost performance whether you are an athlete, dancer or preparing for tests.

### Join Us For This Community Presentation

**Wednesday, March 23, 2016  
7-8:30 p.m.  
Southview Theatre  
7225 Sylvania Ave.**

- **All Are Welcome**—Parents, Teachers, Coaches and anyone who interacts with kids are encouraged to attend
- **FREE** of Charge
- For More Information, call 419-824-8588 or e-mail [dchany@sylvaniaschools.org](mailto:dchany@sylvaniaschools.org)

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