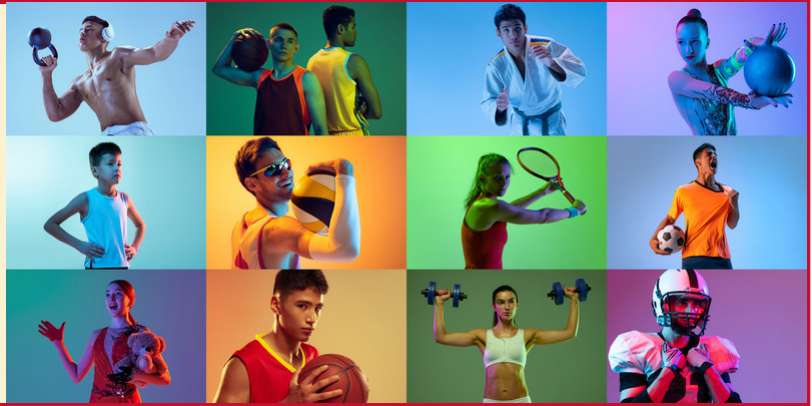


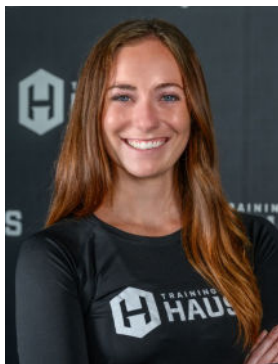
**Free presentation
for all New Ulm
student athletes
and parents!**



Level Up Your Performance with the Right Nutrition!

Looking to level up your game?

Join us for a presentation on functional fueling from Orthopedic Dietitian Brooke Dummer. She will help break down nutrition basics for athletes so they can better understand their greatest fuel source — food! Attendees will better understand the basics of nutrition and hydration and learn to maneuver the supplement world so they can empower their performance both during the season and off season.



Presenter:
Brooke Dummer MS, RDN, LD

Brooke Dummer is a licensed and registered dietitian nutritionist from New Ulm who works at Twin Cities Orthopedics / Training HAUS. She is passionate about helping teams and individuals learn about general nutrition and overall wellness.

Brooke's previous experience includes working with collegiate athletes at West Virginia University, helping them optimize performance and instill lifelong nutrition practices. She has provided team education and individual counseling to a wide variety of teams on nutrition basics, fueling timeline, injury prevention/recovery, body image and more.

Thursday, Nov. 20, 2025

Who: Intended for middle school and high school athletes and parents, but all athletes are welcome to attend

Time: 6 – 7 p.m.

Location: New Ulm High School Auditorium

Cost: Free

Questions?

Contact Kaitlin Gawrisch with the Heart of New Ulm at 507-217-5491 or

Kaitlin.Gawrisch@allina.com



Heart of New Ulm
Supporting a culture of wellness

*Food Environment
Action Team*