

Eat, Drink, Win!

Description:

Suzanne Girard Eberle, MS, RD, CSSD, author of Endurance Sports Nutrition (2nd ed/2007), is a board-certified sports dietitian and nutrition therapist with over eight years experience working with clients with eating and weight concerns. She works with teens and adults of all sizes, shapes and activity levels.

Suzanne is also an Intuitive Eating Counselor and guides clients using this non-dieting approach to reaching and maintaining a healthy weight. Portland
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