

# Women in Running

## Summer Speaker Series

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information all summer!

Women+ webinars covering female athlete health topics

**Thursday, May 19**

**Amber Mosewich, PhD**  
The role of mental preparation for running

**Wednesday, July 13**

**Chloé Fleurent-Grégoire, RD**  
Sport nutrition for the female athlete

**Wednesday, June 1**

**Charlotte Usselman, PhD**  
The menstrual cycle and cardiovascular health

**Thursday, July 28**

**Dr. Jenna Gibbs Lab, McGill**  
Relative energy deficiency in sport, low energy availability

**Wednesday, June 15**

**Danielle Thiel, MD**  
Training around the menstrual cycle

**Thursday, August 11**

**Gabrielle Ostiguy, MD**  
Female athlete health and well-being

**Thursday, June 30**

**Jessica O'Connell, MSc, CSEP**  
Strength and condition for the female athlete

**Thursday, August 25**

**Back to School Special!**  
Time-management and balancing studies and running

### SEMINAR NO. 2

Refining your edge and supporting yourself in sport:  
The role of mental preparation

Speaker:

**Amber Mosewich, PhD**

Associate Professor,  
University of Alberta



**Thursday, May 19**  
**8 PM EST**

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