

# Greater Peterborough Athletics Network

## Masters Athletes Matters

How can we continue to get the best out of ourselves as we age?

How can we adjust our training, use nutrition and recovery to minimise the impacts of ageing especially the changes in hormone levels we all experience?

Wednesday 31<sup>st</sup> January 2024

7:00pm – 8:30pm

Guest Speaker: Dr Nicky Keay BA, MA, MB, BChir (Cantab), MRCP

Sports and Dance Endocrinologist

Honorary Clinical Lecturer Medicine, University College London.

Author of Hormones Health and Human Potential : A guide to understanding your hormones to optimise your health and performance.

Venue Details: The Pavilion, Embankment Track, Peterborough Regional Fitness and Swimming Centre, Bishop's Road, Peterborough PE1 5BW

Tea and coffee available, please bring your own mug.

Booking essential via [www.gpan.org.uk](http://www.gpan.org.uk)

**No charge and open to all members of GPAN Clubs or runners thinking of joining a club.**

