

# TRAIN LIKE AN ASTRONAUT

March 7th, 2020 8.30am - 3.00pm UH Campus Center, Room 307-10

HOW HEALTHY AND FIT ARE YOU FOR LIFE ON EARTH AND IN SPACE?  
THE SCIENCE OF FITNESS AND NUTRITION FOR ASPIRING ASTRONAUTS



**STEM PRE-ACADEMY**  
Science Technology Engineering Mathematics



Registration & Contact Info: [sasakidy@hawaii.edu](mailto:sasakidy@hawaii.edu)  
- Registration Deadline: February 21st, 2020 -

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