



Preferred Systems, Inc.

Providing Continuing Education & Training That Works

ATHENA

PROGRAM OVERVIEW

ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) is a scientifically proven program for female athletes. ATHENA addresses the connection between young women in sports, disordered eating behaviors and body shaping drug use.

Its multiple components provide healthy sports nutrition and strength-training alternatives to the use of alcohol, illicit and performance-enhancing drugs. ATHENA is peer-led and gender specific. It is interactive, engaging and easy to implement by coaches during the sport season.

Ready to Learn More about Preferred Prevention Programs?

Contact us at **888-455-7437** or info@preferrededucation.com to learn more about our Behavioral Health Prevention Programs.