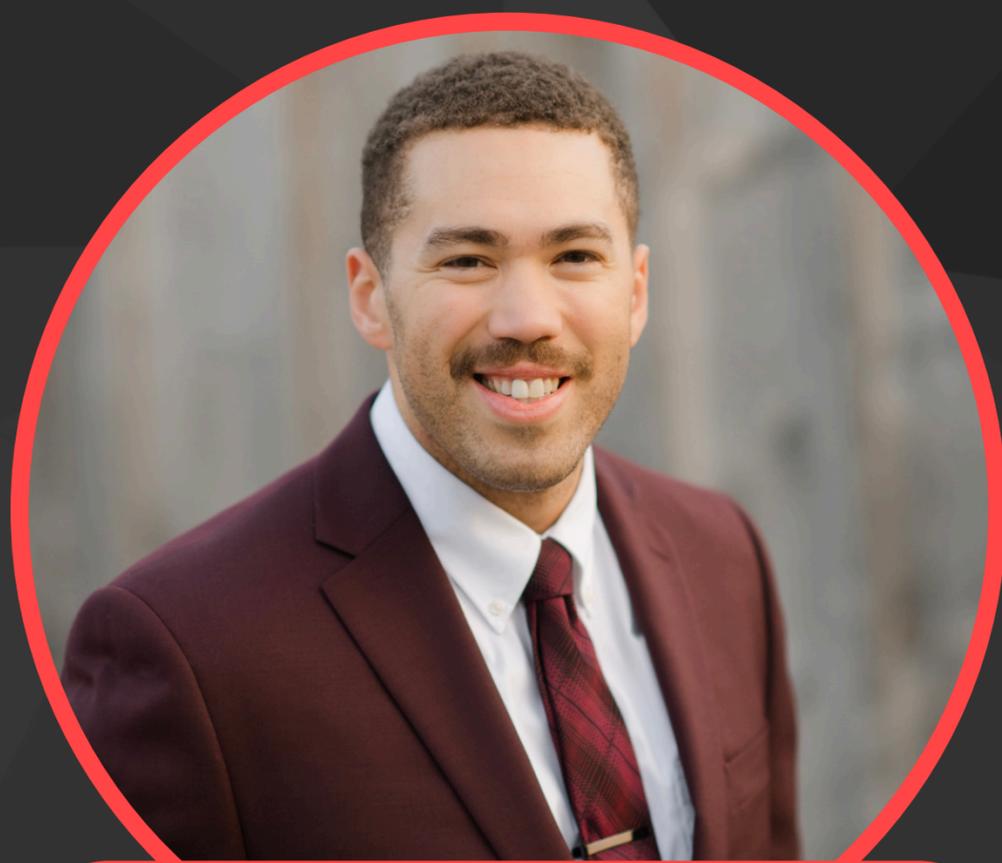


SPT 3000 Guest Speaker

Overtraining Syndrome: A Multi-faceted Health and Performance Phenomenon



Brandon Lee

Pennsylvania Western University

Doctor of Health Science (DHSc) Candidate

Practitioner | Researcher | Speaker | Writer



13 March 2025



9:45-10:45am (EST)

