

Bone Health Series



Call or go online to register
905-704-3660
www.wellandmcmasterfht.com

sessions are FREE to attend



WEEK 1 – April 3

Nurse Practitioner and Occupational Therapist

- Overview of Osteoporosis
- Postural alignment and awareness, postural exercises

WEEK 2 – April 10

Dietitian and Occupational Therapist

- Eating for strong bones
- Strengthening Exercises

WEEK 3 – April 24

Pharmacist and Occupational Therapist

- Medications and supplements
- Balance and Falls Prevention

WEEK 4 – May 1

Nurse Practitioner and Occupational Therapist

- Aerobic exercises
- Wrap-up and summary

All Sessions Held at the Centre de Santé Communautaire 1:30pm-3:30pm
Registration required.