

Bone Health Series

Call or go online to register

905-704-3660

www.wellandmcmasterfht.com

****Sessions are FREE TO ATTEND****



[WEEK 1 - Wed., March 5](#)

Nurse Practitioner & Occupational Therapist

- Overview of Osteoporosis
- Fall Prevention and posture exercises

[WEEK 2 - Wed., March 19](#)

Dietician & Occupational Therapist

- Eating for strong bones
- Strengthening exercises

[WEEK 3 - Wed., March 26](#)

Pharmacist & Occupational Therapist

- Medications and supplements
- Balance exercises

[WEEK 4 - Wed., April 2](#)

Occupational Therapist

- Aerobic Exercises
- Wrap-up and summary



Location:

Centre de santé
communautaire
Hamilton/Niagara

810 East Main St.
Welland
1:30-3:30 pm

**REGISTRATION
REQUIRED**