

What You Should Know About Osteoporosis and Your Skeletal Fitness



Your Bones are living tissue. They are affected by your diet, your exercise habits and the medications you take.

Learn:

- Causes and risk factors
- About calcium risks and rewards
- Which foods to eat and which to avoid
- How targeted weight bearing and resistance exercise can build and maintain bone mass

Instructed by Mirabai Holland, MFA, CHC, EP-C

DATE	TIME	LOCATION
Tuesday, May 22	12p - 12:45p	Public Works, Conf Room 1 1022 26th Ave E, Bradenton
Tuesday, June 28	12p - 12:45p	Admin Building, 3rd Floor REO Conf Room A 1112 Manatee Avenue West, Bradenton
Thursday, July 12	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Tuesday, August 7	12p - 12:45p	Transit Fleet, Conference Room 2411 Tallevast Rd., Sarasota <i>Transit/Transit Fleet Personnel Only</i>

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register

(select "Skeletal Fitness" in the dropdown menu or use the search bar)

