



Skeletal Fitness[®]

An Osteoporosis Workshop

Skeletal Fitness[®], an interactive Osteoporosis workshop, includes:

- Lecture and exercise demonstration.
- Update on the latest information about your bones and Osteoporosis.
- A no sweat Skeletal Fitness[®] exercise program and a free latex exercise band.
- Specific weight bearing and resistance exercises for the areas most at risk for Osteoporotic fracture: the spine, hip and wrist.

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

DATE	TIME	LOCATION
Tuesday, May 7	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Avenue West, Bradenton
Thursday, May 9	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Tuesday, May 14	10a - 10:45a	Public Works, Conf Room 1 & 2 1022 26th Ave E, Bradenton
Thursday, May 16	12p - 12:45p	MSO Ops, Media Conference Room 600 US 301 Blvd W #202, Bradenton <i>Open to MSO/CPID Only - Register on PowerDMS</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)



For More Information Contact: Christine Fritz
941.748.4501 x3967 | christine.fritz@mymanatee.org

MN032619