



Bone Builder Clinic

A 3-Week Series to Support Bone Health and Prevent Bone Loss

Come join us for a 3 week Bone Builders clinic. Over the 3 week course, our team of YourChoice Advocates from the areas of nutrition, nursing, pharmacy, and fitness will cover:

- Bone structure.
- The role of nutrition in our bone health.
- Medications that can have an effect on our bones.
- What happens to our bones when we age?
- Latest scans/tests available.
- Benefit coverage.
- How does exercise affect our bone health?
- What can we do to slow/prevent bone loss and what can we do if already diagnosed with osteopenia and osteoporosis?

AUGUST

Week 1: Nutrition	Week 2: Medical & Pharmacy	Week 3: Fitness
Wednesday, August 7 12p - 12:45p MCG Admin, 4th Floor Osprey Room	Wednesday, August 14 12p - 12:45p MCG Admin, 4th Floor Osprey Room	Wednesday, August 21 12p - 12:45p YourChoice Fitness Center, Upper Level

SEPTEMBER

Week 1: Nutrition	Week 2: Medical & Pharmacy	Week 3: Fitness
Wednesday, September 11 12p - 12:45p MCG Admin, 4th Floor Osprey Room	Wednesday, September 18 12p - 12:45p MCG Admin, 4th Floor Osprey Room	Wednesday, September 25 12p - 12:45p YourChoice Fitness Center, Upper Level

You can attend classes in whichever order works for your schedule.

MCG Admin: 1112 Manatee Ave W, Bradenton. Osprey Room on 4th floor behind the elevators to the right.

YourChoice Fitness Center: 1012B Manatee Ave W, Bradenton. Enter through the front door on Manatee Ave, head back through the weight room towards the bathrooms, take a left past the bathrooms and go all the way up the stairs.

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register

(select "Bone Builders" in the dropdown menu or use the search bar)

