

Please join us on **Wednesday, August 23<sup>rd</sup>**, at **5:00-6:30pm** for our next community class:

## **Strong Again – Building the Strength of muscles and bones for osteoporosis/conditioning.**

**Speaker: Maureen Lipa, PT**

We will focus on:

- Prevention of osteoporosis with a focus on nutrition
- Current Concepts and thoughts about osteoporosis
- Exercises to improve bone strength and those exercises to avoid if you have osteoporosis.

The class will be held at PT Works in the main gym.

Please call 947-9646 to reserve your spot today!

