

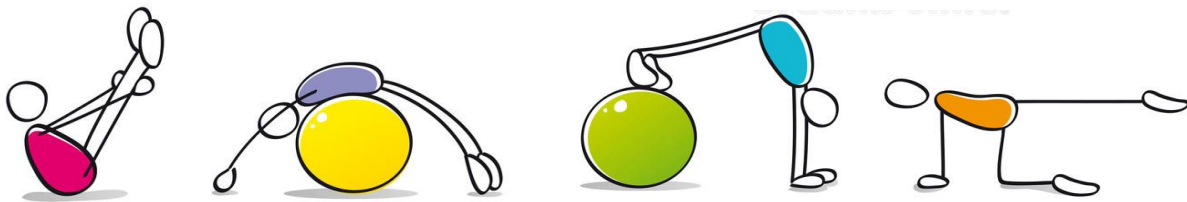
Please join us on **Tuesday, July 24th**, at **5:00-6:30pm** for our next community class:

Better Bones and Balance – Utilizing pilates and yoga for osteoporosis/conditioning.

Speaker: Valerie Jackson, PT

We will focus on:

- Prevention of osteoporosis with a focus on nutrition
- Current Concepts and thoughts about osteoporosis
- Pilates and yoga exercises to improve bone strength
- 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!