



*(We can prevent this
from happening
to you!)*

OSTEOPOROSIS WORKSHOP

Presented by:
Sarah Thomas, PT
Thursday, October 21, 2010
5:30 to 7:00 PM

***STRENGTHEN and
LENGTHEN !
NURTURE YOURSELF!***

Don't miss this opportunity . . .

*Come to a Workshop that
Focuses on You !*

- Learn how to **REGAIN THAT HEIGHT** you've lost over the years
- Learn **SAFE** exercises to improve your flexibility and strength
- Learn how to do daily activities, such as making the bed, doing the laundry, getting in and out of the car, etc. **WITHOUT INJURING YOURSELF**

RSVP TODAY at 386-257-2672

BRING A FRIEND AND YOU BOTH ATTEND FREE !

Good News . . .

As of September 1, 2010 we are
In-Network Providers for: **Volusia Health Network**



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