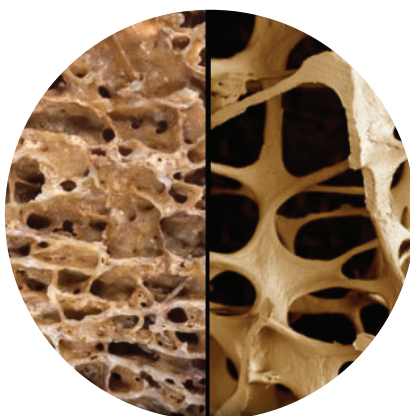


Better Bones



Healthy bones Osteoporosis



4 week session, 1 hour per week

\$160

Monday, April 9

Monday, April 16

Monday, April 23

Monday, April 30

6:30-7:30 pm

Caitlin McArthur is a registered physiotherapist and has recently finished her PhD at the University of Waterloo where she gained expertise in bone health. She is a lead instructor of Bone Fit™, a continuing education course for exercise professionals working with people with osteoporosis.

This 4 week session will cover important information for people with osteoporosis or low bone mass.

The objectives of the session are to:

- Learn about osteoporosis, how it affects your bones, and why exercise and safe movement are important
- Learn about and practice ways to protect your back through daily life, physical activity, and exercise
- Learn about and practice exercises you can do at home for strength, balance, and to improve your posture
- Connect with other people in the area with osteoporosis
- Answer your questions about osteoporosis, exercise, physical activity, and safe movement



Classes to be taught at Good Practice Physiotherapy.

For more information and registration please contact:

Good Practice Physiotherapy

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