



Osteoporosis Canada

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BURLINGTON OSTEOPOROSIS SUPPORT GROUP

Winter 2014 Speakers

January 21st

“Building Better Bones”

Learn about specialized exercise programs available for individuals with or at risk of osteoporosis

Sue Merritt, B.P.H.E., B.Ed., Osteoporosis consultant with OsteoCircuit

February 18th

“Too Fit To Fracture”

Understand the evidence: Types of exercise recommended for individuals with osteoporosis or vertebral fractures

Dr. Lora Giangregorio, PhD, Associate professor at University of Waterloo

March 18th

“5 Secrets to Healthy Bones and Teeth”

Discover the link between good oral hygiene and bone health - you may be surprised!

Dr. Brian Yim, DDM at York & Bay Dental

Time: 7-8:30pm

Location: D-Room, YMCA of Burlington,
500 Drury Lane

Please Contact:

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