

Bone Health Seminars

BUILD YOUR BONE KNOWLEDGE



FRIDAY, APRIL 15, 1 TO 3 P.M.

HealthPartners Specialty Center
401 Phalen Blvd., St. Paul

FRIDAY, MAY 6, 4 TO 6 P.M.

New Brighton Community Center
400 10th St. NW, New Brighton

FRIDAY, SEPT. 16, 1 TO 3 P.M.

HealthPartners Specialty Center
401 Phalen Blvd., St. Paul

FRIDAY, OCT. 7, 1 TO 3 P.M.

HealthPartners Specialty Center
401 Phalen Blvd., St. Paul

After your mid-30s, you begin to slowly lose bone mass. Learn more about the prevention, treatment and management of bone mass loss.

All ages and fitness levels are welcome.

Join us for a free interactive seminar

This informative class includes:

- Bone health at all ages
- Exercises to promote bone health
- Bone loss and osteoporosis
- Information on osteoporosis testing
- Personal risk factors
- Fracture prevention, including exercise modification

This seminar is presented by the staff at the Regions Hospital Rehabilitation Institute, along with the staff at HealthPartners Orthopaedic & Sports Medicine and HealthPartners Endocrinology.

How to register

Space is limited. Please call **651-254-3200** with questions or to reserve your spot.



To learn more about bone health

nihseniorhealth.gov/osteoporosis

**Regions Hospital
Rehabilitation Institute**
Minneapolis, St. Paul and
Woodbury locations
651-254-3200
regionshospital.com/rehab

**HealthPartners Orthopaedic &
Sports Medicine**
St. Paul and Wisconsin locations
651-254-8300
heathpartners.com/ortho

HealthPartners Endocrinology
Minneapolis and St. Paul locations
651-254-7870
heathpartners.com/endocrinology