

SKELETAL FITNESS™

What You Need to Know About Your Bones & Osteoporosis



Hosted by Certified Health Coach Mirabai Holland

On the outside, bones look solid and “rock-like” ... but they are not! Bones are living tissue that are affected by heredity, gender, age, diet, exercise habits, the medications you take, and much more! While there is no cure, osteoporosis is largely preventable and treatable with medicines and lifestyle. Are you at risk?

2 Dates to choose from:

- May 7th, 12-1pm or 5-6pm
- May 21st, 12-1pm or 5-6pm

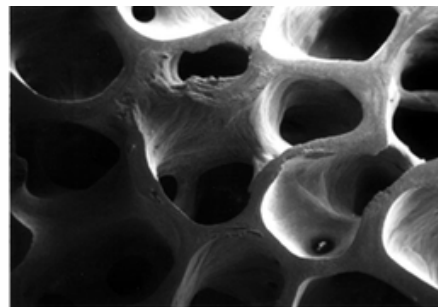
Location: Zoom

Learn:

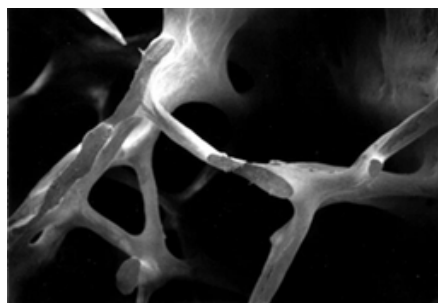
- Causes and risk factors
- How to keep your bones healthy
- Calcium risks and rewards
- Recommended foods to eat or avoid
- Commonly prescribed medicines
- How weight bearing and resistance exercise can build and maintain bone mass

BOCC Employees: This YourChoice workshop earns points in the Physical Wellbeing Pillar for Manatee Thrives.

Cross-section of healthy bone



Bone with Osteoporosis



Register Now!

SCAN ME

