

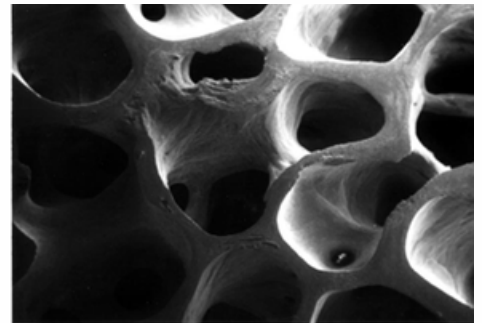
SKELETAL FITNESS™

What You Need to Know About Your Bones & Osteoporosis

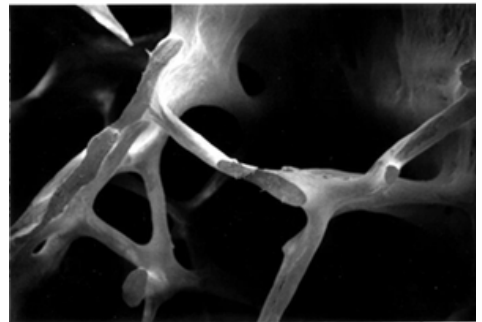


On the outside, bones look solid and “rock-like” ... but they are not! Bones are living tissue that are affected by heredity, gender, age, diet, exercise habits, the medications you take, and much more! While there is no cure, osteoporosis is largely preventable and treatable with medicines and lifestyle.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

Cross-section of healthy bone



Bone with Osteoporosis



Date: Thursday, May 29th

- 12-1pm
- 5-6pm

Location: Zoom

What You Will 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

Eligibility: Employees regardless of health plan status and members on the YourChoice Health Plan

Register Now!

SCAN ME

