



Barrington Orthopedic Specialists

Take a STAND Against Osteoporosis

www.barringtonortho.com

Join our fitness expert for an interactive Osteoporosis seminar

What will you learn?

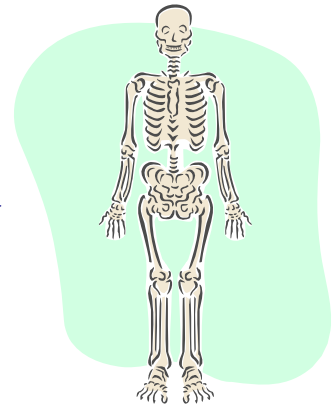
- What is Osteoporosis? Brittle bones?
- Why do 33% of women and 20% of men get it?
- What causes it and prevention strategies
- Ways to improve your bone density
- Comprehensive home exercise program
- Ways to save time and money on future healthcare costs

Requirements:

- ✓ Wear comfortable clothing
- ✓ Bring a bottle of water
- ✓ Bring a towel
- ✓ Bring an exercise mat if handy

Investment fee of \$35 includes:

- Seminar education
- Exercise booklet
- T-shirt



For additional
information contact:

Lisa Klein, ATC
847 885-0078 ext 5432

CALL NOW TO REGISTER!

847-885-0078