

WELLNESS

Osteoporosis



Reach toward the sun and sway in the wind. Let your leaves dance...be tall and strong like trees.

This four-week series of classes focuses on prevention of and living with osteoporosis.

Participants will receive an individualized evaluation with customized recommendations related to their unique goals and objectives.

Class topics include nutrition, fitness, supplement and medication management, and lifestyle modification. Group setting is intimate and interactive (class requires a minimum of four and a maximum of six participants to run).

Program is led by Jenny Babcock, MS, OTR, trained in the Sara Meeks Method of Osteoporosis rehabilitation. Instructors include rehabilitation staff, fitness staff and other medical professionals.

Reach Tall, an educational series on Osteoporosis

- Citizens: \$100, Non-Citizens: \$150***
- Call the Welcome Center at 231-924-1787 to register.***

