

Love Your Bones
so they'll love you back!



MAY IS NATIONAL OSTEOPOROSIS AWARENESS AND PREVENTION MONTH

WEDNESDAY MAY 4, 2016

8:00AM-12:30PM

PRESENTED BY AGGIE WINSTON, BODY SOLVE IT

AGOURA HILLS/CALABASAS COMMUNITY CENTER
27040 MALIBU HILLS RD, AGOURA HILLS

ACTIVITY#3697

FREE EVENT



LIVING HEALTHY AND STRONG IS BONE DEEP WORKSHOP

JOIN US IN A MORNING FULL OF FUN AND EDUCATION NEEDED TO BUILD STRONG BONES FOR LIFE.

THE MORNING WILL INCLUDE LECTURES, Q&A, BUFF BONES EXERCISE CLASSES, BONE DISCUSSIONS, TRADE SHOW AND A FREE LUNCH. PARTICIPANTS ALSO HAVE THE OPTION OF GETTING AN ULTRA SOUND OSTEOPOROSIS SCREENING FROM DR. KEN HAWAYECK, SPEAKER/AUTHOR OF "BONE HEALTH MADE EASY", AVAILABLE FOR \$20 DURING THE EVENT. ADDITIONAL INFORMATION AVAILABLE AT WW.BODYSOLVEIT.NET

**SIGN UP AT THE AGOURA HILLS RECREATION AND EVENT CENTER
29900 LADYFACE COURT, OR BY PHONE (818) 597-7361.**

