

*Caroline FHT and Burlington FHT present:*

## **BETTER LIVING FOR YOUR BONES**

FORMAT: IN PERSON, GROUP

DURATION: 4 WEEKS, 1 session per week, 1 hour per session

DATES: TO BE ANNOUNCED

**\*PROGRAM IS TYPICALLY OFFERED QUARTERLY**

There is no cost to participants.

**Are you 55 years of age or older?**

**Are you interested in learning about bone health?**

Join us for this educational series!

In this program, you will learn about the basics of bone health, the factors that contribute to it, the impact of diet and medications on bone health and the role of exercise in managing bone health.

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To register, please visit <https://bpl.on.ca/programs>

The program will be listed on this website when open for registration.

Call 905-632-8007 x 307 for Diane if you would like to be informed about upcoming sessions.

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