



**DO YOU  
WORK WITH  
CLIENTS WITH  
OSTEOPOROSIS?**



We can help you bone up on the development of safe exercise programs for fracture reduction.



**INTERACTIVE PRACTICAL  
LEARNING**

Learn from experts to ensure mastery of exercises and concepts.



**LEARN THE MOST RECENT  
EVIDENCE-INFORMED  
RECOMMENDATIONS**

Prescribe exercises aimed at reducing fractures & bone loss. Learn quick screening tools and tips to ensure your client is ready for exercise.



**EMPHASIZE SAFETY  
IN YOUR EXERCISE  
PROGRAM**

Receive practical guidelines on how to safely adapt Pilates, yoga & gym exercises.

Register at [www.bonefit.ca](http://www.bonefit.ca)

**Bone Fit<sup>TM</sup> Basics for:** Personal Trainers, Fitness Instructors, OTA's, PTA's & other exercise professionals

**Bone Fit<sup>TM</sup> Clinical for:** Physiotherapists, Physio Assistants, Kinesiologists & other certified exercise health professionals

For questions email: [bonefit@osteoporosis.ca](mailto:bonefit@osteoporosis.ca)

**Date:** October 17-18, 2015

**Time:** 7:30 am - 5:00 pm

**Location:** Southern Ontario Medical Rehabilitation & Aquatic Centre - Oakville, ON

**\*Registration:** Bone Fit<sup>TM</sup> Basics - \$100  
Bone Fit<sup>TM</sup> Clinical - \$200

\* Registration fees are reimbursed if you participate in the University of Waterloo's research study