



**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, Athletic Therapists, OTA's, PTA's & certified exercise professionals

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

**Date:** February 27-28, 2016  
**Time:** 7:30 am - 5:00 pm  
**Location:** Partners in Rehab Thunder Bay, ON

1 day cost - \$100  
2 day cost - \$200

\* Registration refunded after participation in research study

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