

7th Annual Public Education Forum

*Presented by
Osteoporosis
Canada*



Wednesday Nov 14th
9:30 am- 1:00pm
(Doors open 9am)

Meet the Experts



- Dr Adachi MD, FRCPC– Professor of Medicine at McMaster University. – Osteoporosis 101
- Sue Bitonte – Yoga instructor Bone Fit Trained – The Do's and Don'ts of Yoga and Osteoporosis
- Shannon Burton – Community Care - Supervisor of Exercise and Wellness- Exercise and Movement in your Community

Join Us

Peterborough Naval
Association,
24 Whitlaw (Lansdowne
St & River Road S),
Peterborough

A light lunch will be served

**Registration is required
by November 9, 2018**

Call Cathy Percy at
705-761-0223 or email
cpercy@osteoporosis.ca

**Register online at
osteoporosis.ca/meettheexperts**

Please note the new location and please consider
carpooling with a friend.

Donations kindly accepted.

 **OSTEOPOROSIS**

