

# Bone Health and Wellness Program



OhioHealth and the Marion Family YMCA are partnering to offer a four-part series titled:

## “Making Bone Health and Wellness a Priority in Your Everyday Activities and Fitness Program”

**Who?** If you have been diagnosed with osteopenia or osteoporosis and/or you are interested in enhancing knowledge of overall bone health, we encourage you to participate in this program.

**What?** A four-part series that focuses on bone health and how to incorporate safe practices and modifications into your daily activities, workouts/fitness endeavors and hobbies.

**When?** June 7, June 14, June 21, June 28, 2018  
2 to 4 p.m.

**Where?** The Marion Family YMCA  
645 Barks Road East  
Marion, Ohio

**Cost?** YMCA Member \$59 Non-member \$79

*Due to the active nature of this event, you must be able to walk independently and not use an assistive device. Please wear comfortable clothing and be ready to move around and exercise.*

**REGISTER**

To register for the program, please contact the Marion Family YMCA at (740) 725.9622.

