

Bone Health and Wellness Program



OhioHealth and Marion 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?** Individuals with osteopenia or osteoporosis and/or those who are interested in enhancing their knowledge of bone health.
- 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. Presenters include physical therapy, nutrition and pharmacy.
- When?** Thursdays, Oct. 4, Oct. 11, Oct. 18 and Oct. 25 | 2 to 4 p.m.
- Where?** **Marion Family YMCA**
645 Barks Rd E | Marion, Ohio 43302
Check in at the receptionist desk at the main entrance of the YMCA.
- Cost?** YMCA Member \$69 Non-member \$99

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 perform physical activity.

REGISTER

To register for the program, please contact:

Marion Family YMCA at (740) 725.9622
Sharon Cole at sharon.cole@ohiohealth.com

