



Learn & Have Fun with **OSTEOFIT**



- ⇒ Exercise & Education
- ⇒ Gentle strength, balance & coordination program
- ⇒ Safe for those with Osteoporosis & Osteopenia
- ⇒ Specifically designed Falls Prevention program

Next 4 week program begins

January 16th, 2017

**Mondays 9:00-9:45am & Wednesdays 9:15-10:15am
at the Pitt Meadows Seniors Centre**

Call 604-457-4771 for more details.

Registration is \$55.