

OSTEOFIT

A program of BC Women's Health Centre's Osteoporosis Program



Has your doctor suggested exercises to reduce your risk of falls and fractures? To find a fitness program that proactively and preventatively increases your ability to do day-to-day activities, adds to your confidence and independence, to more so enjoy your quality of life?

Osteofit is what you need!

A blend of Osteofit Levels 1 & 2 is here for you!

**Mondays 9-9:45am &
Wednesdays 9:15-10:15am**
\$45 / 6 pre-registered classes

Next session:

November 7-28
(no class Nov 12)

(Pre-register
by Nov. 5)

Membership required. See Pitt Meadows reception for dates & more info.



Pitt Meadows Seniors Activity Centre
19065 119B Avenue, Pitt Meadows
604-457-4771

