

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 sessions:

Sep 16 - Oct 2
(pre-register by Sep 13)

Oct 9 - 30
(pre-register by Oct 7)

Membership required. See Pitt Meadows reception for more info.

"Connecting adults 55+ with a happy, healthy life."

www.rmssseniors.org



Pitt Meadows Seniors Activity Centre
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