



Exercise for Bone Health

Join us for the second session of fun new class designed to:

- Improve Bone Health
- Improve Balance
- Strengthen Muscles
- Teach you about osteoporosis prevention

6 week session start on
Thursday March 18, 2010
to April 22, 2010

The class is 45 minutes long and meets on Thursdays from 10-10:45am in the activity room. The exercises promote strength, balance, flexibility, posture, and endurance. Each week participants will get educational handouts about osteoporosis and bone health.

To sign up contact the Des Peres
Lodge at 314.835.6150 and reference
course ID #10079 or go to
www.desperesparksandrecreation.com

