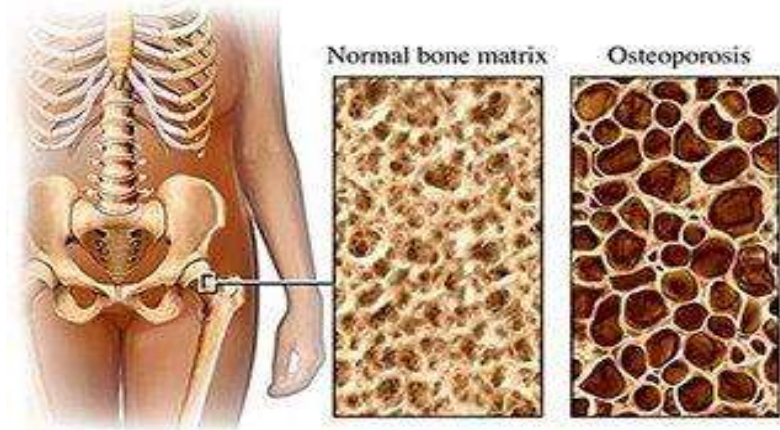


Join our Osteoporosis Education & Exercise Classes



Have you been diagnosed with osteopenia or osteoporosis and want to learn safe exercises? Do you want to start exercising but don't know where to begin? What to stretch; what to strengthen? Are you looking for an exercise class?

The Osteoporosis Exercise Plan is an education and group exercise program for those with osteoporosis or osteopenia. It is made up of two parts: 2 education sessions & 12 group exercise sessions.

2 Education Sessions

- What is osteoporosis?
- How to prevent falls.
- How and why exercised build bone.
- All about nutrition and supplements.
- How to self manage to avoid fractures.

12 Exercise Sessions

- Learn safe strengthening exercises.
- Regain good posture.
- Apply exercises to daily activities.
- Build strength in appropriate muscles.
- Learn to stretch where needed



Bloor Jane Physiotherapy, 2425 Bloor St W, Suite 212 has in person Osteoporosis Exercise Classes every Tuesday & Thursday afternoon

Call 416 766 2050 to book your appointment for a physiotherapy assessment and get started.