

Over 55? Time to Check Your Bone Health!



Women 55+ are at higher risk of osteoporosis and bone fractures. Make sure your bones stay strong with a **FREE** lecture about bone density!

Tuesday, April 7
9:30 a.m.

Mulroy Opportunity Center
3550 13th Ave., Denver, CO 80204

Join us to discover:

- Ways to maintain your bone health
- How to talk to your doctor about bone health



About Your Community Expert

Rebekah Rotstein, NCPT, CPT is an industry leader in exercise for bone health, Pilates, and education for more than 20 years. She is the founder of Buff Bones®.



This is also a research study about bone health education. When you register in person, over the phone, or scan the QR code below, to attend the lecture.

REGISTER FOR FREE TODAY AND TAKE THE FIRST STEP TOWARD KEEPING YOUR BONES STRONG.

SCAN HERE TO REGISTER



For more information contact: Carrie Savage at 720-799-9254

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