

Strong Bones, Stronger Me

Osteoporosis Wellness Program

About the program:

Osteoporosis will lead to a fracture (broken bone) in one in two women and one in four men. It is important to make changes to help prevent a fracture, which include lifestyle considerations (diet and exercise) along with conventional treatments. Fractures are not only a result of weak bones, but also a result of loss of muscle mass, strength, balance and agility. A fear of falls and injury often stop people from exercising. Osteoporosis affects an individual physically, psychologically and socially.

‘Strong Bones, Stronger Me’ will empower people with Osteoporosis to manage this condition at a physical level. It is an established fact that exercise is important for maintaining and improving bone health. This program will bring to its clients a set of appropriate strength and flexibility exercises for improving bone health. The program is evidence based, devised and run by a licensed Physical Therapist.

Highlights of the program:

- Flexibility exercises
- Strength training
- Balance exercises
- Body mechanics training
- Diet and nutrition education

Schedule and Cost:

The program consists of 8 sessions held over one month. The group will meet twice a week, every Tuesday/Thursday for one hour at 11:30 a.m.

Please bring your own exercise mat and dress comfortably.

The program costs \$96, due upon registration with a check payable to *Helen Hayes Hospital*.



For more information, contact...

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Osteoporosis Club

Meets the 4th Thursday of each month
at 10:00-11:00 a.m.
Helen Hayes Hospital Auditorium
For information, call 845-786-4772.