

## 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. The program is evidence based, devised and run by Payal Sahni, PT, DPT, who has over 10 years of experience working with people who have low bone mass. Members will learn appropriate strength, balance, flexibility exercises and the tools to safely progress themselves in resistance training.

#### Highlights of the program:

- Flexibility exercises
- Resistance exercises using free weights
- Pilates for balance and stability
- 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 2:00–3:00pm

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 4:00pm  
Helen Hayes Hospital Auditorium  
For information, call 845-786-4772.