**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. Fear of falls and injury often is a barrier to physical activity. 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 specializes in working with people who have low bone mass. Members will learn appropriate strength, balance, and flexibility exercises, as well as how to safely progress themselves in resistance training.

**Highlights of the program:**

The program follows evidence based exercises that improve bone density, general strength, flexibility and balance. Various sections of the program include:

- Flexibility exercises
- Resistance exercises using free weights
- Pilates for stability
- Tai Chi for balance
- Body mechanics training
- Diet and nutrition education

**Schedule and Cost:**

- The program consists of 8 sessions held over 4 weeks. The group meets every Tuesday and Thursday, 2–3pm.
- 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