



To register for a class,
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Questions?
Call 724-284-4504

NEW! THAT'S OSTEOPOROSIS

JOIN US FOR A **VIRTUAL LUNCH & LEARN**

November 15, 2024 • Noon to 12:30 p.m.

Speaker: Rashelle Maderitz, DMSc, MPAS, PA-C
Tri Rivers Musculoskeletal Centers

Learn the potential impact osteoporosis can have on those who have it, their caregivers, and the community, thus highlighting the importance of screening, identification, and treatment. We will provide a description of the 4 Steps to Healthy Movement used to prevent and treat osteoporosis.

IHLifestyleCoaching@Independence.Health