



BONE HEALTH: THE BENEFITS OF EXERCISE AND NUTRITION

Speakers: Amy Alexander, PT, DPT, CYT, PCES, Physical Therapist
& Michelle D. Wright, MS, RDN, CDCES, Registered Dietitian

Physical activity, exercise, and nutrition play an important role in the management of bone density. People should be encouraged to move in a safe manner with a positive and encouraging approach with a tailored plan. Optimizing nutrition can promote optimal bone health.

REGISTER TO...

- Learn how physical therapy & exercise can play an integral role in those diagnosed with osteopenia, osteoporosis or those looking to maintain bone mineral density as they age.
- Learn what types of exercises can improve bone health.
- Learn how nutrition and balance meals can slow bone loss.
- Learn optimal calcium and vitamin D intake to protect bones.
- Learn about other nutrients for bone health.

Tuesday, May 9th
1:00 p.m. - 2:00 p.m.
*Hunterdon Health and Wellness Center
in Whitehouse Station
537 Route 22 East, Whitehouse Station*



To RSVP, scan the QR code or visit qr.fy.com/p/HH_ExerciseNutritionTalk.



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