

Break Through

.... a **4 week** bone health education program for adults about the prevention, treatment and management of osteoporosis.

Thursday's
May 10, 17, 24, 31
1:30 p.m.—3:30 p.m.

Out Patient Building
Lower Level Meeting Room
285 Sarah Avenue, N. Listowel

Contact:

Jenessa Dalton, R.D.

519-291-3125 ext. 6271

Or

Jolanta Rooyakers, VON

519-291-5898

Please register by

May 3rd

***\$5 registration fee
required at
first session***

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