

Bone Health

# Finding Balance

Through Knowledge

Wednesday, November 5,  
2014

9:00am - 1:00pm

Doors open at 8:30am



**Join Us!**

Peterborough  
Golf&Country Club  
1030 Armour Rd  
Peterborough, ON

**A light lunch will be served**  
**Donations gratefully**  
**accepted**

*Local programs and services on display*  
*AND a height measurement clinic!*

## 3rd Annual Osteoporosis Public Education Forum



### Meet the Experts!

***Osteoporosis medications 2014; The Benefits and the Risks – finding the balance for you.***

- **Dr. Sandra Kim**, Endocrinologist, Medical Director, Osteoporosis Program, Women's College Hospital

***A local panel of experts will speak on balancing nutrition, exercise and everyday living to keep your bones healthy and safe!***

- **Tanya Nye**, Occupational Therapist, City of Kawartha Lakes Family Health Team
- **Sarah McIsaac**, Registered Dietitian, Peterborough Family Health Team
- **Rachele Robertson**, Certified Yoga Instructor, fitness trainer and Bonfit trained

**Registration is required**

e-mail:

**[heatson@osteoporosis.ca](mailto:heatson@osteoporosis.ca)**

or call Heather at

**705 761-5502 by October 31**