



**DO YOU
WORK WITH
CLIENTS WITH
OSTEOPOROSIS?**



We can help you bone up on the development of safe exercise programs for fracture reduction.



**INTERACTIVE PRACTICAL
LEARNING**

Learn from experts to ensure mastery of exercises and concepts.



**LEARN THE MOST RECENT
EVIDENCE-INFORMED
RECOMMENDATIONS**

Prescribe exercises aimed at reducing fractures & bone loss. Learn quick screening tools and tips to ensure your client is ready for exercise.



**EMPHASIZE SAFETY
IN YOUR EXERCISE
PROGRAM**

Receive practical guidelines on how to safely adapt Pilates, yoga & gym exercises.

Register at www.bonefit.ca

Bone FitTM Basics for: Personal Trainers, Fitness Instructors, Athletic Therapists, OTA's, PTA's & certified exercise professionals

Bone FitTM Clinical for: Physiotherapists, Physio Assistants, Kinesiologists & certified exercise health professionals

Date: January 30-31, 2016
Time: 7:30 am - 5:00 pm
Location: Brampton Civic Hospital Brampton, ON

1 day cost - \$100
2 day cost - \$200

* Registration refunded after participation in research study

For questions email: bonefit@osteoporosis.ca