

Do you want to know...

...the best type of exercises for building stronger bones?

...which Yoga and Pilates poses are unsafe?

...how to look 10 years younger through your posture?

If you answered, “YES” to any of these questions, you **need** to attend “**Stop the Stoop**,” an Osteoporosis Exercise and Education Seminar with *Margaret Martin*.



Margaret Martin is a Physiotherapist & Strength and Conditioning Specialist. She owns a local physiotherapy and personal training studio, Function To Fitness, and is the creator of a comprehensive osteoporosis website MelioGuide.com

Register **Now** for “**Stop the Stoop**”:
An Osteoporosis Exercise and Education Seminar.
Call 613-721-3669 to register.

Seminar Dates

Wednesday, November 18th, 2009 12:00 noon – 1:00 PM

Tuesday, December 8th, 2009 4:45 – 5:45 PM