

# **FREE** Activities

Learn how to prevent and manage

# **OSTEOPOROSIS**

Wednesday  
March 5, 2008

## What is Osteoporosis?

*A creative look at what makes healthy bones.*

Time: 8.30am to 10am

Venue: Katherine Electorate Office

Places limited to 20, BOOKINGS ESSENTIAL

## Body Balance

*A combination of yoga, tai chi, pilates & meditation.*

Time: 11am to noon

Venue: Katherine YMCA

Please bring a towel, water bottle and yoga mat (if you own one).

No footwear is required.

Places limited to 20, BOOKINGS ESSENTIAL



## Arthritis & Osteoporosis NT

The Arthritis Foundation of The Northern Territory Inc ABN: 67 099 326 608

**BOOKINGS: Phone AONT: 1800 011 041**  
**health.educator@aont.org.au**