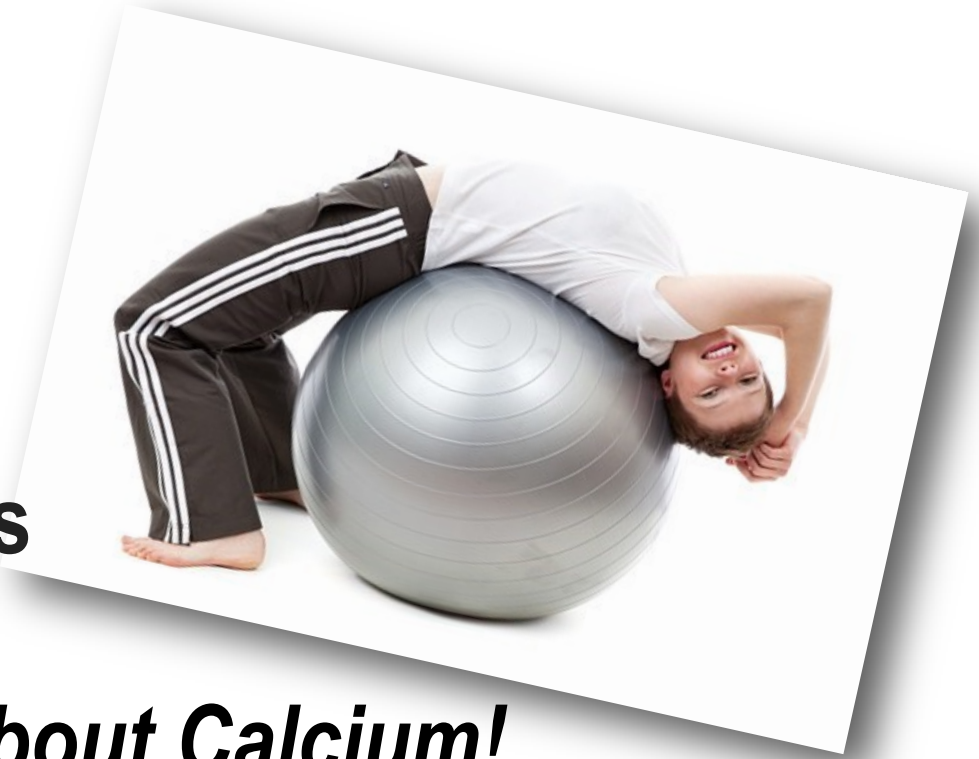


Osteoporosis Prevention: *It's Not All About Calcium!*



Interested in learning what keeps bones stronger and healthier than any calcium supplement? What about staying flexible and functional till the day you die?

Then you can't afford to miss this unique interactive workshop: a combination of important nutrition tips, no-gym-membership-or-equipment-required total body exercises, and relaxation/meditation techniques guaranteed to improve the density of your bones even if you've already been diagnosed with either Osteopenia or Osteoporosis (*and BTW this class definitely isn't just for women!*)

Participants can choose to watch and learn or jump right in to experience everything firsthand. Please wear comfortable clothing and bring a water bottle plus a towel or yoga mat.

WHEN: Tuesday, March 13th, 6:30 - 8:00PM
WHERE: Hockessin Chiropractic Centre
724 Yorklyn Road (in the Stone Mill complex)
Suite 150
Hockessin, DE 19707
COST: ONLY \$20

BUT SPACE IS LIMITED ... CALL 302-239-8550 BY MARCH 6TH TO REGISTER!



Workshop will be led by Hockessin Chiropractic's own Lifestyle Coach, **JESSICA LEWIS, CPT, CNC**, Delaware's *ONLY* Master Personal Trainer who's also a Certified Nutritional Counselor and an Accredited T'ai Chi Chih Instructor. For the past 15 years, as the face of her private practice *Sculpt YOUR LIFE*, Jessica has been combining solid nutritional advice, with customized exercise routines and movement-based relaxation principles for a diverse population of clients within their own homes all over Wilmington, DE and the greater Philadelphia area and her track record for coaching clients through complete life-transformations is outstanding. Additionally, Jessica works for the American Red Cross instructing CPR for Professional Rescuers, and holds a First Degree Black Belt in Tang Soo Do Karate. For more information on Jessica's unique perspectives on health & wellness, plus plenty of testimonials, blogs, and healthy lifestyle tips, visit her at www.SculptUrLife.com or like her on Facebook <https://www.facebook.com/SculptYourLifeJessicaLewis/>