



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 10th, 6:30 - 8PM (SNOWDATE: 3/17)

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 3RD TO REGISTER!***



Workshop will be co-facilitated by the founder of Hockessin Chiropractic Centre Dr Tamara Blossic, DC, CCSP, FICPA, IFMCP along with Hockessin Chiropractic's own Lifestyle Coach Jessica Lewis, CPT, CNC. For more information on the instructors unique perspectives on health & wellness, plus plenty of testimonials, blogs, and healthy lifestyle tips, visit www.hockessinchiro.com and www.SculptUrLife.com or like them on Facebook <https://www.facebook.com/movementforwellbeing/> and <https://www.facebook.com/SculptYourLifeJessicaLewis/>

