



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 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!*)

Or would you prefer to join us from your living room? No problem! Just like always participants can still choose to watch and learn or jump right in to experience everything firsthand. Please wear comfortable clothing and have a water bottle plus a towel or yoga mat handy.

WHEN: Tuesday, September 28th, 6:30 - 8PM

WHERE: Hockessin Chiropractic Centre
724 Yorklyn Road (in the Stone Mill complex)
Suite 150
Hockessin, DE 19707

COST: ONLY \$20

VIRTUAL
ATTENDANCE
OPTIONAL!

ALTHOUGH PHYSICAL CLASS SIZE IS LIMITED TO 4 THE VIRTUAL ATTENDANCE OPTION MEANS SPACE IS ACTUALLY UNLIMITED...CALL 302-239-8550 BY SEPTEMBER 21ST TO REGISTER (AND/OR RECEIVE YOUR ZOOM LINK!)

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/>

