

OSTEOPOROSIS

Teresa Ichniowski, PT

Learn the Sara Meeks Method of managing your Osteoporosis/Osteopenia diagnosis. It is a comprehensive approach to the management of osteoporosis, back pain and postural dysfunction. The series includes basic teaching of anatomy, body mechanics, positioning and exercise in order to learn the best practices to effectively manage your diagnosis.

**Classes will be held for 5 consecutive Thursdays
April (12, 19, 26) and May (3, 10)
5-part series**

ARTHRITIS AND REHABILITATION THERAPY SERVICES

14955 Shady Grove Road

Suite 255

Rockville, MD

6:00 p.m.

Registration is required. Call (301) 929-4125 to reserve your spot.

COST: \$85 for series of 5 classes.

Visit the Wellness Program at www.washingtonarthritis.com