

WHEATON LOCATION

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.

Thursdays: February 2, 9, 16, 23, and March 1, 2012
5-part series

ARTHRITIS AND REHABILITATION THERAPY SERVICES

2730 University Boulevard West

Suite 714

Wheaton, MD 20902

6:00 p.m.

Registration is required. Call (301) 942-2520 to reserve your spot.

COST: \$85 for series of 5 classes.

Visit the Wellness Program at www.washingtonarthritis.com