

Free Community Seminar

Bone Health & Exercise for Seniors



Thursday, September 7 from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue (at Garey), Pomona, CA 91767

PRESENTED BY



Jesse Fajardo, MD
Board-certified
Orthopedic Surgeon

Topics of discussion will include:

- The complex balance of bone health and bone metabolism
- Osteoporosis and the importance of maintaining healthy bones
- How to improve your bone health with diet
- Ways to improve your bone health with exercise
- Question and answer session

Refreshments will be served.
Seating is limited – please call
to reserve your space.

866/724-4132



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