



# LUNCH & LEARN

Wednesday, May 15

11:30am-1:00pm

## **Bone up for Bone Health: Improve your bone density in midlife & beyond**



**Presenters: Margaret Bronson, PT, DPT, WCS, COMT  
Emilie Samp, PT, DPT**

**Aging is inevitable and without intervention can result  
in a decrease in bone density and muscle mass.**

**Join our presenters as they provide information on osteopenia  
and osteoporosis, with specific exercises to improve  
bone density, muscle strength and decrease  
the risk of falls and fractures!**

**Register at the Y front desk**

Contact Vanessa with questions: [vanessa.hannie@huntingtony.org](mailto:vanessa.hannie@huntingtony.org)