

Osteoporosis is an epidemic

We can help you build better bones

Shift your Shoulders into Better Alignment

Do you feel tension in your neck and shoulders? If so, come to learn some simple exercises and posture principles to reduce your neck and shoulder pain. We will focus on shoulder anatomy and biomechanics in overhead lifting and in weightbearing activities and learn how our posture affects the health and function of the shoulder.

SPEAKER:

Sherri Betz, PT, GCS, CEEAA, PMA-CPT
TheraPilates Physical Therapy Clinic

 Community Hospital
of the Monterey Peninsula®



Join us for the American Bone Health lecture

Tuesday, October 13

6:30–8 p.m.

Community Hospital of the
Monterey Peninsula
Conference rooms A, B, and C
23625 Holman Highway
Monterey

INFORMATION

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free