



DO IT RIGHT! AND PREVENT FRACTURES!

A BONE-SAFE PILATES WORKSHOP

JANUARY 26th, 2012 1-4 PM



WHEN AND WHERE?

MIAMI



Thursday, January 26th
1 – 4:00 PM
Polestar Physical Therapy
& Pilates Center
1500 Monza Avenue # 350
Coral Gables, FL 33146
305-740-6001

YOU'RE INVITED!

American Bone health partners with the Polestar Pilates Center for this bone safe Pilates event with certified instructors teaching safe Pilates postures.

Have fun and learn!

- How Pilates exercises and nutrition help your bones.
- Pilates exercises to avoid if you have osteoporosis or low bone mass
- How to modify common Pilates exercises for a safe practice
- Answers from experts to your questions on bone health and various treatments

Visit www.americanbonehealth.org to register!

Happy Holidays!
American Bone Health

*There is a suggested \$12 dollar donation.

POLESTAR Pilates Center



At Polestar, Physical Therapists and Pilates Teachers integrate Pilates with current scientific findings to create balanced muscles, improved posture and greater ease of movement. Discover why athletes, dancers, entertainers, models, rehab patients and those seeking a healthy, beautifully sculpted body visit Polestar.

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