



Osteoporosis is an epidemic

We can help you build better bones

The Science of Breathing

Did you know that the way you breathe shapes your posture and predicts neck and low back pain? Breathing style has an important effect on your nervous system, either calming you down or revving you up. Learn some simple breathing exercises to improve your posture, core control, and exercise program effectiveness.

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, July 14

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