

TheraPilates® for Osteoporosis

with Sherri Betz, PT



Join us for a 2-day lecture and lab course designed to prepare the clinician or Pilates teacher in assessment and program design in physical therapy private Pilates sessions or group classes for the osteoporotic or osteopenic client.



Topics addressed will be:

- Osteoporosis vs. Osteopenia
- Frax Risk Calculator
- Bone Densitometry
- T-score and Z-scores
- Latest Exercise Research
- Exercise Progressions
- Fracture Prevention Tips
- Contraindicated Exercises

Santa Cruz, CA • Mar 4 - 6, 2011 (3 Day Course)

Steamboat Springs, CO • Jun 25-26, 2011

Manhattan, NY • Jan 15-16, 2012

Register: 831.476.3100 or www.therapilates.com

REGISTRATION:

THERAPILATES® FOR OSTEOPOROSIS

920-A 41st Avenue
Santa Cruz, CA 95062

TheraPilates®
Sherri Betz, PT, GCS
920-A 41st Ave.
Santa Cruz, CA 95062
831-476-3100
Email: Sherri@TheraPilates.com

Date of Course: _____

Location: _____

Please print clearly all information. Make a copy of this registration form for your records and return the entire completed registration form and your payment to TheraPilates at the address below. Thank you.

Name: _____

Organization: _____

Address: _____

Address Line 2: _____

City: _____

State/Province: _____

Zip/Postal Code: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

MC/Visa/Amex # _____

Exp. Date: _____



Refund Policy: You may cancel your registration up to 14 days before the course. Your tuition will be refunded less a \$50 processing fee. No refunds will be made for cancellations after the 14 day registration deadline. Remaining fees can be applied to a future course. All refunds are subject to a \$50 administrative fee. If the course is cancelled for any reason all of your registration fees will be refunded.

**Registrations after 30 day
deadline send payment of \$495**

Early Bird Rate: \$475

Regular Rate: \$495

**For registration, directions,
hotels and information
contact:**

**Sherri Betz
(888) 229-5334 Toll Free
or email:
Sherri@TheraPilates.com**

3 Ways to Register:

1. Online at www.TheraPilates.com

2. Mail: Make a copy of this form for your records and mail this form with your check or money order payable to:

**TheraPilates®
920-A 41st Avenue
Santa Cruz, CA 95062**

3. Phone: Call 888-229-5334 to register by phone and charge with: Visa/Mastercard/American Express