## OUR FACILITY IS NOW OSTEOFIT!



"There is nothing more rewarding than helping others increase their strength and agility, regain their independence, and improve their quality of life. Osteofit does all that and more... it is life changing!"

DEBBIE CHEONG
Registered
Osteofit Instructor

Osteofit is a specially designed exercise and education program for those with osteoporosis and osteopenia, and those at risk of falling who require a safe and gentle strength, balance, and coordination program.



IMPROVE THE HEALTH OF YOUR PATIENTS AND HELP
THEM REDUCE THEIR RISK OF FALLS THROUGH OSTEOFIT!





For information call 604-875-2555 www.osteofit.org

OSTEOFIT IS A PROJECT OF THE OSTEOPOROSIS PROGRAM AT BC WOMEN'S HOSPITAL & HEALTH CENTRE AND ENDORSED BY OSTEOPOROSIS CANADA (BC DIVISION).







