

Presentation: Nutrition and Physical Therapy in the treatment of Osteoporosis  
Wednesday March 25, 2015 at 7:00 pm  
Enchantment Clubhouse Main Room

Please join us to hear from local experts how a healthy diet and physical therapy can help treat Osteoporosis?

Presenters: - Olivia A. Caruso MA RDN, LDN  
Joseph P. Caruso MSPT, DPT, CMT, CSCS



### Program Highlights

What is osteoporosis?

Who is at risk for osteoporosis? Hint: Women aren't the only ones at risk.

What are the symptoms of osteoporosis?

Can osteoporosis be treated with a healthy diet?

Why are both calcium and vitamin D important?

How much calcium do I need?

How much vitamin D do I need?

What about other vitamins and minerals?

Should I take supplements to treat my osteoporosis?

How can a dietitian or physical therapist help prevent or treat osteoporosis?

What exercises can I do to help with osteoporosis?

**The meeting will be followed by refreshments.**

**Please confirm your attendance by completing the sign-up sheets that are available at the Clubhouse Hospitality Desk**

**Your Social Committee**