

BREAK FREE from OSTEOPOROSIS

NATIONAL OSTEOPOROSIS AWARENESS MONTH

JOIN US FOR A SPECIAL EVENT ABOUT HOW PROPER NUTRITION, AND SKELETAL STRENGTH CONDITIONING CAN HELP FIGHT OSTEOPOROSIS

9AM • ALL FREE: BONE DENSITY SCAN, STRETCHING BY LYMBR, LOCAL CRYOTHERAPY, PEMF THERAPY & HYDROMASSAGE.

10AM • Q&A SESSION WITH SPECIAL GUESTS

DR. GUGLIN, MD, F.A.C.S., GENERAL SURGEON IN MILFORD, CT FOR 28 YEARS AND OWNER OF LIVELEANRX

CHRISTINE O'DAY, INSPIRATIONAL INFLUENCER, HEALTH AND WELLNESS COACH, AND FUNCTIONAL DIAGNOSTIC NUTRITION® PRACTITIONER

NOREEN EHRlich, GREENWICH INFLUENCER, RADIO HOST, SUCCESS COACH & CERTIFIED RELATIONSHIP COACH

11AM TO NOON • FREE SKELETAL STRENGTH CONDITIONING SESSIONS

**MAY 21, 2019 AT OSTEOSTRONG DARIEN
GOODWIVES SHOPPING CENTER**

TICKETS \$20 • BUY NOW AT WWW.OSTEOCT.COM OR CALL 203-900-1661

ALL PROCEEDS FROM THIS EVENT WILL BE DONATED TO

AT HOME IN DARIEN & AT HOME IN GREENWICH

PRESENTED BY

