



St. Johns County
Public Library System



LEARN THE FACTS ABOUT
OSTEOPOROSIS AND
FRACTURE PREVENTION

BE HIP! DON'T BREAK ONE!

@ the Main Library

WEDNESDAY, NOVEMBER 13TH
2:00 - 3:30 PM
REGISTRATION REQUIRED

Join us for a free workshop with Lee Spannhake PT of In Home Body In Balance as she talks about the most common causes of osteoporosis, exercises to build bone density, fall prevention techniques, and how your hip can break WITHOUT a fall! Keri Bomarito of Seaside Nutrition will discuss healthy eating and healing from the inside out.