

# Human Performance

## Build Better Bones



### Are you concerned about osteoporosis or low bone density?

Build Better Bones is dedicated to your bone health and will follow current clinical practice guidelines for individuals with low bone density. Weak, brittle bones can increase the risk of bone breaks, which can drastically affect your health and quality of life.

Learn safe forms of exercise that can help to load the bones in a way that improves their density. Resistance training will be used throughout the class to produce enough load on the bones to have a positive effect on bone density over time.

For more information or  
to register, please visit the  
Member Services desk.

### DATES

May 6 through June 26

### DAYS

Tuesday and Thursdays

**TIME** 9 a.m. to 10 a.m.

### INSTRUCTOR

Erik Boese

### LOCATION

Human Performance area

### COST

Members \$199

Non-members \$249



PROHEALTH WEST WOOD  
HEALTH & FITNESS CENTER