



YOU'RE INVITED !

EVENT DETAILS

American Bone health partners with Pilates Essentia for this bone safe Pilates event with certified Instructors teaching safe Pilates postures & Nutrition for healthy bones.

Have fun and learn!

- How Pilates exercises help your bones.
- Pilates exercises to avoid if you have osteoporosis or low bone mass
- How to modify common Pilates exercises for a safe practice
- Understand why what you eat and what you don't eat impacts your bone health.
- Food and supplements to help keep your bones healthy and strong.
- How do you know if you are getting what you need?

Presented By:

Betsy Walker, PMA-CPT™
Amanda Halliday, Nutrition Therapy Practitioner

Registration:

www.corealignpilates/events

Or call 303-532-6152

* There is a suggested \$10 dollar donation.

WHEN AND WHERE?

Pilates Essentia

Thursday, June 19th
6:00 – 8:00 PM

@Pilates Essentia
1776 S. Jackson St.
Suite 100
Denver, CO 80210



For A Vibrant Life

Utilizing Pilates to enhance YOUR life is our primary mission at Pilates Essentia. We want to know what YOU are passionate about, when it comes to the activities of your life and how can we help make those activities a reality for you, pain free and performance strong. Pilates for a vibrant life!