

# Senior Health Chats

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SCRIPPS MERCY HOSPITAL CHULA VISTA WELL BEING CENTER

## *Healthy Bones*

Osteoporosis is a disease of the bone that leads to an increase risk of fracture. In osteoporosis the bone density is reduced. Come out and participate in an educational sessions and learn about how to keep your bones healthy, prevention of osteoporosis and suggested treatments and exercise.

**Presentations are *FREE of Charge***

*Presented by: Scripps Mercy Hospital Chula Vista Well Being Center*

**Monday, February 13, 2012**

**10 AM**

**Norman Park Center**

**270 F Street**

**Chula Vista, CA 91911**

*For more information please call (619) 862-6600 or 1 (800) SCRIPPS*