

CHEVY CHASE OSTEOPOROSIS

Teresa Ichniowski, PT

Learn the Sara Meeks Method of managing your Osteoporosis/Osteopenia diagnosis. It is a comprehensive approach to the management of osteoporosis, back pain, and postural dysfunction. The series includes basic teaching of anatomy, body mechanics, positioning, and exercise in order to learn the best practices to effectively manage your diagnosis.

Classes will be held for 5 consecutive Tuesdays
October 25th, November 1st, 8th, 15th and 22nd
5:30 p.m.
5-part series

ARTHRITIS AND REHABILITATION THERAPY SERVICES

5454 Wisconsin Avenue
Suite 600
Chevy Chase, MD 20815

ADVANCED Registration is required
Sign up at the PT department or Call (240) 482-3680 to reserve your spot

COST: \$105 for series of 5 classes
*to be paid in advance, non-refundable. COVID-19 Vaccination is required to attend.
Masks will be worn at all times.

Visit the Wellness Program at www.washingtonarthritis.com