

## SHADY GROVE 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 Thursdays  
October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and November 3<sup>rd</sup>  
5-part series**

### **ARTHRITIS AND REHABILITATION THERAPY SERVICES**

14995 Shady Grove Road

Suite 320

Rockville, MD

6:00 p.m.

Registration is required. Call (301) 929-4125 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](http://www.washingtonarthritis.com)