

WHEATON 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 Wednesdays
October 12th, 19th, 26th and November 2nd and 9th
5-part series**

ARTHRITIS AND REHABILITATION THERAPY SERVICES

2730 University Boulevard West, Suite 714

Wheaton, MD 20902

5:30 p.m.

Registration is required. Call (301) 942-2520 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