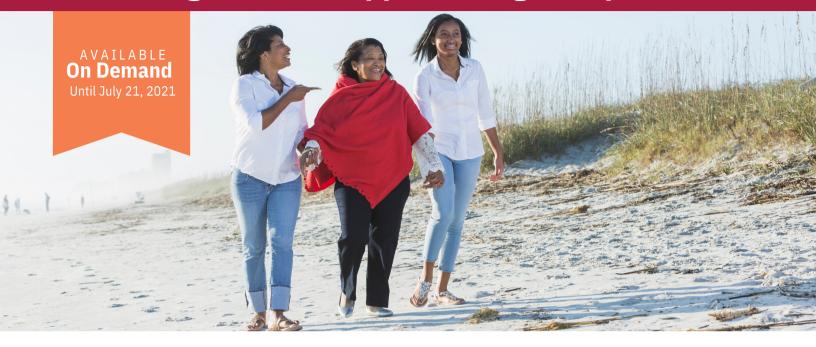
FREE SPINE HEALTH WORKSHOP



Build strong bones to support a long, independent life



Participate in this three-part, on-demand workshop focused on spine health, featuring an introduction from Dr. Andrew Bush, Orthopedic Surgeon with Central Carolina Orthopaedic Associates.

National experts will share helpful tips and information on a range of topics including osteoporosis and fracture prevention, bone-healthy nutrition, and proper postural alignment and body mechanics. Presented in collaboration with American Bone Health with an educational grant from Medtronic.

SESSION 1 INTRODUCTION TO SPINE HEALTH*

with Thomas Andreshak, MD, Orthopedic Spine Surgeon, Consulting Orthopedic Associates; Chairman of Orthopedic Surgery, Mercy St. Vincent Medical Center; clinical instructor for the orthopedic residency program at St. Vincent SESSION 2
EATING FOR
HEALTHY BONES™

with Taylor C. Wallace, PhD, CFS, FACN, Principal and CEO at the Think Healthy Group; Adjunct Professor, Department of Nutrition and Food Studies at George Mason University SESSION 3 POSTURE POWER™

with Susan Feldman, PT, PhD, Master Clinician, Department of Rehabilitation and Human Performance at Mount Sinai Health System

*includes osteoporosis/VCF risk

The Spine Health Workshop Series will be available on demand until Wed., July 21, 2021.

Register and get started, today!

To register, please visit www.AmericanBoneHealth.org/ccreg



