

# FREE SPINE HEALTH WORKSHOP



Build strong bones to support a long, independent life

AVAILABLE  
**On Demand**  
Until July 21, 2021



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

\*includes osteoporosis/VCF risk

## 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

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](http://www.AmericanBoneHealth.org/ccreg)



AMERICAN  
BONE HEALTH™

[AmericanBoneHealth.org](http://AmericanBoneHealth.org)

