



# SHORELINE ELDERCARE ALLIANCE

IN PARTNERSHIP WITH



Center for Orthopaedics  
General and Specialty Orthopaedic Care

203-752-3100

PRESENTS FOR COMMUNITY RESIDENTS 55-100 YEARS OF AGE...

## “DEM BONES DEM BONES”

**SATURDAY, OCTOBER 15TH  
3:00PM**



**SOUNDVIEW FAMILY YMCA, 628 EAST MAIN ST., BRANFORD, CT**

**“HOW FITNESS AND EXERCISE HELP ARTHRITIS,  
OSTEOPOROSIS AND PREVENT FALLS”**

**PLANNED EVENTS**  **DOOR PRIZES**

***PLEASE WEAR COMFORTABLE CLOTHING TO PARTICIPATE***

- 3:00PM**      **Healthy refreshments served.**
- 3:15-4:00PM**      **In fitness room-Observe or participate in Yoga, Zumba or Water aerobics.**
- 4:10-5:00PM**      **Presentation by Center For Orthopaedics, Krista Nolan, with question and answer session as time allows.**
- 5:00-5:30pm**      **Speak to YMCA staff, SEA members and collect informative material provided by R.J. Julia Bookstore.**

For more information, please contact:

[www.shorelineeldercarealliance.org](http://www.shorelineeldercarealliance.org)

1-800-426-5086

