

# Osteoporosis Exercise class

for prevention and rehabilitation



**For anyone diagnosed with osteoporosis, have a parent who had it or just want to make sure your bone density stays strong and supple**

- group classes
- informal & fun
- based on research

Ask for details in the North Library or  
phone 0798 114 2376  
Saturdays 1.30-2.30pm  
Starts Saturday 6th February

*"I had a letter telling me the readings of the spine have shown improvement and those of my hips are stable."*

Classes held upstairs at  
North Library on Saturdays  
Manor Gardens, London N7 6JX  
with instructor Petra Hind 1.30-2.30pm

Run by local health charity Healthy Generations in  
partnership with Islington Libraries,  
North Library, Manor Gardens, London N7 6JX



[www.healthygenerations.org.uk/strongbones](http://www.healthygenerations.org.uk/strongbones)

11 week course only £30  
or £3 per class