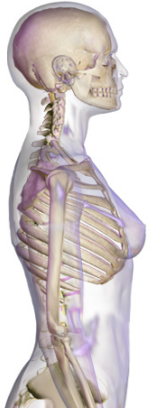


# *Stand Tall With Confidence*

## Using Movement to Build Healthy Bones



- With Studio Owner Heather Glidden and Gyrotonic Instructor Ruth Wade
- Wednesday, July 26
- 6-7:00pm
- This workshop is free, but RSVP is required.
- Call 734-274-9482 to reserve your space!

Whether you've been diagnosed with osteoporosis or osteopenia, or you simply worry about risk factors, movement can be a safe and supportive way to help you maintain your bone health. In this free and informative workshop we'll explore risk factors for bone loss as well as the most important elements to include in your exercise program. You'll walk away empowered, confident, and knowledgeable, knowing that you can safely train to live a full and joyful life!

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[www.GyrotonicTreeTown.com](http://www.GyrotonicTreeTown.com)



205 E. Washington, Third Floor  
Downtown Ann Arbor

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