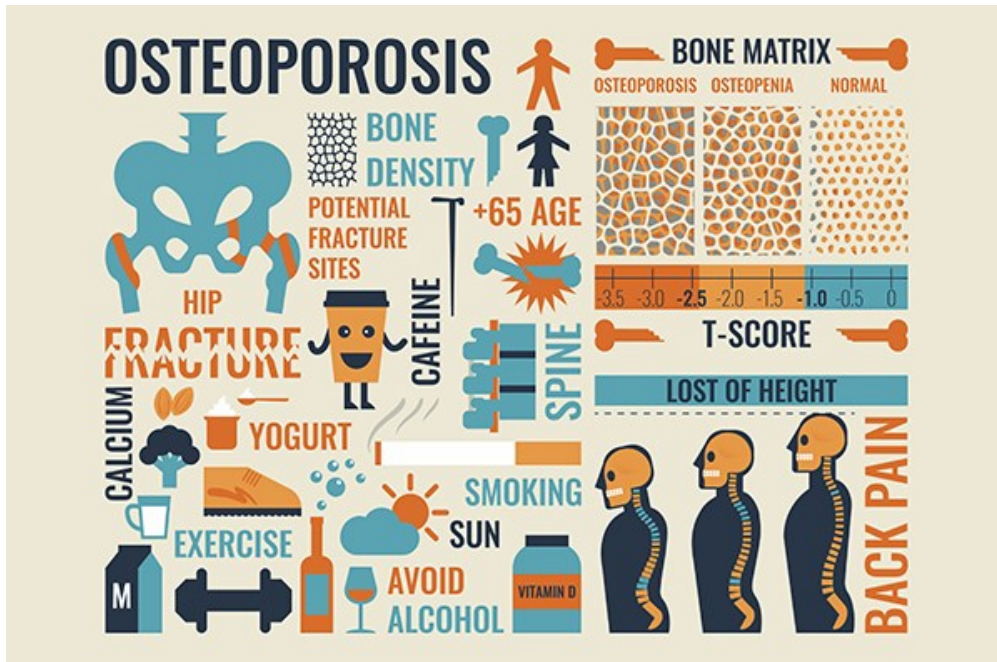


# Osteoporosis Awareness



**Thursday**  
**May, 16, 2019**  
**10:00 a.m.- 11:00 a.m.**

Sponsored by:



As both men and women age, our bones start to lose the important nutrients that keep them strong. This leads to bone weakness, also known as Osteoporosis. A HealthCare Professional from AppleCare Medical Group will talk about osteoporosis, what it is, and what can be done to maintain healthy bones despite it.



**SCREENINGS/SERVICES FOR THOSE 50 YEARS OF AGE AND OLDER**  
Norwalk Senior Center 14040 San Antonio Dr. CA, 90650 (562) 929-5580