

# LEARN AND HAVE FUN WITH OSTEOFIT!



- Exercise and education
- Gentle strength, balance, and coordination program
- Safe for those with osteoporosis and osteopenia
- Specially designed Falls Prevention program

“ There is nothing more rewarding than helping others increase their strength and agility, regain their independence, and improve their quality of life. Osteofit does all that and more... it is life changing!”

DEBBIE CHEONG,  
Registered Osteofit Instructor

## Be Osteofit!

For information visit our website:  
[www.osteofit.org](http://www.osteofit.org) or call 604-875-2555

*Women's*  
BC WOMEN'S HOSPITAL & HEALTH CENTRE  
An agency of the Provincial Health Services Authority

**Osteo**  **fit**  
fitness and healthy bones

OSTEOFIT IS A PROJECT OF THE OSTEOPOROSIS PROGRAM AT BC WOMEN'S HOSPITAL & HEALTH CENTRE AND ENDORSED BY OSTEOPOROSIS CANADA (BC DIVISION).



Osteoporosis Canada  
Ostéoporose Canada



RBC  
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Provincial Health  
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Better health.