

Do you want to improve your bone health?

You can join our **FREE 14-week exercise course** and/or information session if you are over 50 and have osteoporosis or are at risk of osteoporosis.

Osteoporosis risk factors:

Early menopause, a family history or a broken bone after a minor bump or fall. There are other factors not listed here. **Call us for a bone health assessment over the phone.**



Surbiton Library

Ewell Road, Surbiton, KT6 6AG starting Tuesday 9th January, 10.30am

Sunray Community Centre

Knollmead, Tolworth, KT5 9QP starting Wednesday 10th January 2018, 10.30am

New Malden Library

Kingston Road, New Malden KT3 3LY starting Thursday 11th January, 12.00pm

Places are limited. Please register by:

Tel: 0300 123 8086

Email: KINCCG.betterbones@nhs.net

Web: <http://betterbones.kingston.gov.uk/become-a-member>

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