MEETINGS

- March 10 (Sat)
  10-11 a.m.
  **Speaker:** Jennifer Hsiao, OTR, Baylor Institute for Rehab at Garland. Topic: Exercise and fall prevention as it relates to osteoporosis.

- April 14 (Sat)
  10-11 a.m.
  **Speaker:** Murray Fox, M.D., FACOG. Topic: Osteoporosis: Where are we, and where are we going?

Both meetings are being held at Methodist Richardson’s Bush/Renner campus, 2821 E. Pres. Geo. Bush Turnpike, in the Physician’s Pavilion, Suite 200.

EXERCISE PRESENTATION & LOW IMPACT CLASS

March 20 (Tues)
12 noon—1:45 pm
at Texas Health Presbyterian Hospital’s Finley Ewing Cardiovascular & Fitness Center, 5721 Phoenix Drive, Dallas.

Molly McHugh, PT, DPT, will give a presentation, just for us, on various fitness-related topics, including how to establish an individual exercise program, types of exercises that improve bone health, and types of exercises to avoid. After a refreshment break, attendees are invited to attend a 45-minute, Young at Heart low impact exercise class. Free. Sign up today or RSVP to Jennie: jennieimage@tx.rr.com or 972-965-1467.

FIT & STRONG® BY JANE FONDA

You are invited to attend a viewing of this 2010 DVD on Tuesday, Feb. 28 at 2 pm. The DVD includes two 25-minute gentle workouts. See Sign Up sheet for more details. Or contact Jennie.

NEW! PILATES FOR BUFF BONES®

Cathy Baldasserini, our August 2010 speaker, has announced the start of a brand new class at her studio in Allen, TX. Cathy says, “Pilates for Buff Bones® is a unique workout that uses bone-strengthening techniques while focusing on alignment and balance. ... This dynamic 55 minute class is adaptable and challenging for people of all levels, and is also safe for those with osteoporosis.”

When faced with low bone density herself, the class instructor, Janis Stillings’ search for new ways to adapt the classic Pilates exercises to her condition led her to Rebekah Rotstein and the Buff Bones® regimen. Janis is the only licensed Pilates for Buff Bones® instructor in Texas. For more info, call 1-888-465-6970.

INK RECYCLING

Please help me keep the group running costs at a minimum—bring your used ink cartridges to meetings. I can get $2 back per cartridge and accumulate $20 per month off a new one. Thank you, Joella for this tip! Jennie

Generations of Strength:
A Mothers and Daughters Campaign

Last September, NOF launched Generations of Strength: A Mothers and Daughters Campaign, a national initiative calling on women to start conversations with each other, their healthcare professionals and NOF about bone health and osteoporosis.

The campaign aims to make osteoporosis a household name and to raise $2 million to support our very own support groups as well as public and health professional education. If you’d like to know more, go to http://www.nof.org/startaconversation.