Next Meeting
Sat. April 14
10-11 a.m.
Murray Fox, M.D.,
"Osteoporosis: where
are we, and where are
we going?"
At Methodist Richard-
son Bush/Renner cam-
pus, 2821 E. Pres. G.
Bush Turnpike, Physi-
cian’s Pavilion, Suite
200

"Tai Chi, a martial arts
form that enhances bal-
ance and body awareness
through slow, graceful, and
precise body movements,
can significantly cut the
risk of falls among older
people and may be benefi-
cial in maintaining gains
made by people age 70
and older who undergo
other types of balance and
strength training."
Source: www.nia.nih.gov

Fri. April 27
9am-1pm
City of Arlington 2012
Health & Wellness Expo
at the Senior Recreation
Center on Eunice Street.
Our group will have an
information table. For
more info call 1-817-
277-8091.

Exercise presentation
and low impact exercise class
March 20 (Tues)
12 noon—1: 45 pm
at
Texas Health Presbyterian
Hospital’s Finley Ewing Car-
diovascular & Fitness Cen-
ter, 5721 Phoenix Drive,
Dallas.
Molly McHugh, PT, DPT.,
will give a presentation, just
for us, on various fitness related
topics, including how to es-
stablish an individual exercise
program, types of exercises
that improve bone health,
and types of exercises to
avoid.
After a refreshment break,
provided by the instructor,
attendees are invited to stay
on for a 45-minute, Young at
Heart low impact exercise
class. Free. Sign up today or
RSVP to Jennie, as soon as
possible, 972-965-1467.
Wear ‘exercise casual’.
Leotards not required!
Everyone welcome—no mat-
ter how fit (or unfit) you are.

What is your favorite
form of exercise?
What classes, if any, do you
attend? Please let Elizabeth
or Jennie know, in writing, so
they can share with the

Choosing the ‘right’ foods
We are always being told
to ‘eat right’. What does that
mean exactly?
I am planning a May or June
meeting that focuses on
bone-building foods – the
meals we prepare and the
meals we select at restau-

antes. I already have Urban
Eatz in Richardson lined up
to open their restaurant early
for our meeting, and give us
a 10% discount on lunch.
Now I just need a nutritionist (who
does not sell supplements),
to come in and help atten-
dees at the meeting make
good bone-building choices
from the menu. Do you know
of anyone with those quali-
fications that I could ask?
And, as a follow up to this
meeting, I hope to make up a
Bone Buddies Favorites – a
booklet of our best loved
bone-building recipes and
home-prepared meals. I
would love to have some help
with this fun project. Would
you like to co-lead this pro-
gram with me? Let me
know. Jennie

Serotonin Could Play a
Large Role in Bone Loss
Study released: 2/16/2012
Source: American Physiologi-
cal Society (APS)
From “Results”:
"Understanding the action of
serotonin better could help
researchers develop better
ways to preserve bone, they
say, potentially through the
action of drugs that act on
the serotonin system. “ The
study is available online at

Thank you, Nancy Finlayson,
for sending in the above
study. And “Thank you” also
to Judith Barnes, Jo Witte and
others who have given me
paper clippings over the years.
I read them all. If I can
find current supporting clinical
studies, I will pass them on to
the group. Jennie

Join the Osteoporosis Ex-
change Hosted by WebMD
The Osteoporosis Exchange
is a health social networking
platform that provides a
unique way for consumers to
get health and wellness sup-
port from the world’s largest
community of online health-
formed consumers.
To visit the Exchange and
become a member, go to:
http://
exchanges.webmd.com/
osteoporosis-exchange