Elaine Henderson new group leader
2013 planning meeting Sun. Dec. 2nd

I am so pleased to announce that Elaine Henderson, MS, RN, BSN, a Plano-based certified Fitness Trainer, Pilates instructor and Wellness Coach has generously accepted the position of leader of our group beginning January 1st, 2013.

We know that Elaine is extremely busy, and I have assured her that group members will do everything they possibly can to support her.

With that in mind, a 2013 Planning Meeting has been scheduled for Sunday, December 2nd, 2:00-4:00 pm, at Methodist Richardson Medical Plaza 1, 403 W. Campbell Road, Richardson, in Conference Room 1.

At the meeting, we will brain-storm possible meeting programs, and other ways to strengthen our group and its effectiveness.

This is YOUR group. You can shape its future.

Elaine is looking forward to getting to know you all. Please plan to attend.

Jennie, 972-965-1467

KEEP ON KEEPING ON

Research studies continue to show that even a moderate amount of regular exercise, may have a positive effect on the brain (see Medscape, 10.24.12) and help women maintain healthy bones (MedlinePlus Health Day citing their source as Journal of Clinical Endocrinology & Metabolism, 08.15.12)

RITA CLARKE & ELIZABETH KIMBROUGH: CO-LEADERS

Rita: Can you believe that it’s over four years since we first met! First making contact on the NOF ‘Community’ website, www.inspire.com, then meeting in person in the Homewood Suite’s breakfast room, Jupiter @ 190. At that time, neither of us knew anyone else with osteoporosis or osteopenia.

I enjoyed working with you to build the group. I remember we had two people at the first meeting; one at the second!

And thank you, Elizabeth, for your awesome service to the group as co-leader over the last two years. You have contributed so much. You opened the meetings every month, which I really appreciated. You showed your great communication skills, and knowledge about osteoporosis, at Health Fairs and presentations, and chatting with members at meetings.

The group website, www.dallasbonebuddies.org would not have happened without you.

We ALL miss you both.

Come back often! Jennie