October Meeting
Saturday, October 13: 10-11 AM

At Methodist Richardson Medical Center, Bush @ Renner, 2821 E. Pres. Geo. Bush Hwy, Richardson in Conference Room 200 (Physician's Pavilion).

PROGRAM

Long time group member, Judith Barnes, will show and discuss the exercise DVD "Skeletal Fitness: A workout for your Bones" by Mirabai Holland.

According to the DVD promotional material, "This exercise program provides a total body workout led by leading exercise expert, Mirabai Holland, M.F.A. ...[It] can help people with low bone density and osteoporosis to maintain or improve muscle strength and flexibility.

The DVD's six sections include:

- Rhythmic Warm-up
- Upper Body with Hand Weights
- Stretch Pull and Twist with Towel
- Isometric and Wall Resistance

- Lower Body Bone Loading Exercises with Optional Ankle Weights
- Stretch and Relax for Flexibility and Body Awareness

RESVERATROL

Message from Dr. Nancy Dimarco, our August speaker: "Hi Jennie -yes, we believe that resveratrol may be beneficial in improving bone mineral density but are awaiting the results of our study to say anything definitive. We are just now collecting the post data and then after its analyzed, we'll be writing the results. I will be sure to send you a copy. - Nancy"

*Resveratrol is a type of polyphenol found in the skin of red grapes.

November & December Meetings

Sat. November 10 meeting.
At Methodist Richardson Medical Center, Bush @ Renner (See October meeting above), 10-11 a.m.
Tentative program—Zumba Gold, a demo by Alex Medina. Participation optional. More details later.

Sat. December 8 meeting.
Location and time as November. Speaker: Endocrinologist, Ugis Gruntmanis, M.D., Associate Professor of Medicine, University of Texas, Southwestern Medical Center in Dallas.

NOF is offering FREE printable Prescription Savings Cards that you can take in to your pharmacy for immediate savings—even if you already have insurance. Go to www.nof.org/rxsavings

GISD Healthy Living Expo: Sept. 22 (Sat)
Curtis Culwell Center, 4999 Naaman Forest Blvd, Garland.
Numerous health care and environmental exhibitors.
(We have an information table. Come on by!)

City of Rockwall Senior Health Fair
108 E. Washington
Wed. Oct. 3
10am - 1pm.
Visitors to our group's information table are welcome!