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make a difference**

to people's lives today and in the future!

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01202 443064



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Parking

Roadside – free, but hard to find a space.

Poole Community Health Clinic's pay and display car park (1st left in St Mary's Road) – will cost about £1.80 for two hours, £2.40 for 3 hours.

Poole General Hospital's car park (Longfleet Rd) – will also cost £1.80 for two hours.

Venue

Poole Community Health Clinic Shaftesbury Road,
Poole, Dorset BH152NT - 01202 683 363



Osteoporosis Dorset
prevention through education

11 Shelley Road, Bournemouth, BH1 4JQ

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Poole Osteoporosis Peer Support Group 2019

more than just information



OD Osteoporosis
Dorset
prevention through education

LOVE YOUR BONES

Programme 2019

Time: 2:00pm – 3:30pm (talk 2pm to 3pm)

Monday January 7th

Thai Chi Class

Robert Joyce

Monday February 4th

Zumba Gold Class

Jane Alexander

Monday March 4th

Healthy eating for stronger bones

Lisa Perkins

Monday April 8th

Exercise for your bones and balance

Theresa Rowett

Monday May 13th

Update on osteoporosis

Joy Christopher

**There is no meeting in August
and December.**

Monday June 3rd

Pain Management

Dorset Community Pain Service

Monday July 1st

Yoga Class

Dr Tamsin Betts

Monday September 2nd

Q&A session with a Pharmacist

Dorset LPC

Monday October 7th

Zumba Gold Class

Jane Alexander

Monday November 4th

Speaker to be confirmed

For further information please contact

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