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**Your support can help us
make a difference**

to people's lives today and in the future!

To make a donation, either call us or visit our website



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

T: 01202 443064 F: 01202 443065

E: mail@osteodorset.org.uk www.osteodorset.org.uk

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

Zumba Gold class after the speaker

Monday April 8th

Exercise for your bones and balance

Theresa Rowett

Zumba Gold class after the speaker

Monday May 13th

Update on osteoporosis

Joy Christopher

Zumba Gold class after the speaker

There is no meeting in August

Monday June 3rd

Pain Management

Dorset Community Pain Service

Zumba Gold class after the speaker

Monday July 1st

Yoga Class

Zumba Gold class after the speaker

Monday September 2nd

Q&A session with a Pharmacist

Monday October 7th

Zumba Gold Class

Jane Alexander

Monday November 4th

Healthy eating for stronger bones

Lisa Perkins

Zumba Gold class after the speaker

For further information please contact

Osteoporosis Dorset

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