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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

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Poole Osteoporosis Peer Support Group 2020

more than just information



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LOVE YOUR BONES

Programme 2020 Time: 2:00pm – 4:00pm (talk 2pm - 3pm, Zumba class 3pm – 4pm)

Monday January 6th

Thai Chi class

Robert Joyce, Elemental Tai Chi

Zumba Gold class after the speaker

Monday February 3rd

Osteoporosis update

Joy Christopher, Poole Hospital

Zumba Gold class after the speaker

Monday March 2nd

Healthy eating for stronger bones

Lisa Perkins, Dorset Healthcare

Zumba Gold class after the speaker

Monday April 6th

Exercise for your bones and balance

Theresa Rowett

Zumba Gold class after the speaker

Monday May 4th

Q&A session with a Pharmacist

Zumba Gold class after the speaker

Monday June 1st

Pain Management

Dorset Community Pain Service

Zumba Gold class after the speaker

Monday July 6th

Tbc

Zumba Gold class after the speaker

There is no meeting in August

Monday September 7th

Tbc

Zumba Gold class after the speaker

Monday October 5th

Tbc

Zumba Gold class after the speaker

Monday November 2nd

New Treatments

Joy Christopher, Poole Hospital

Zumba Gold class after the speaker

There is no meeting in December



For further information
please contact Osteoporosis Dorset
T: 01202 443064
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