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Parking

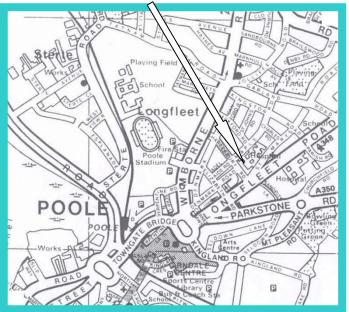
Roadside – free, but hard to find a space.

Poole Community Health Clinic's pay and display car park (1^{st} 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 4JQT: 01202 443064 F: 01202 443065E: mail@osteodorset.org.uk www.osteodorset.org.uk

Poole Osteoporosis Peer Support Group 2020





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

For further information please contact Osteoporosis Dorset T: 01202 443064 E: mail@osteodroset.org.uk 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

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prevention through education