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to people's lives today and in the future!

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01202 443064



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Parking

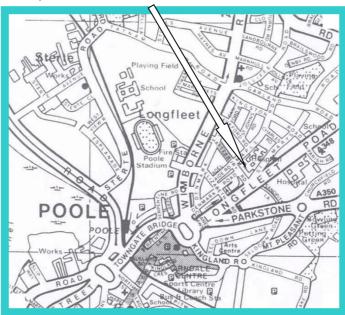
Roadside – free, but hard to find a space.

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 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
Exercise for your bones and balance
Theresa Rowett, Dorset Healthcare
Zumba Gold class after the speaker

Monday April 6th
Community Pharmacist
Mr. Joao Da Cal, Dorset Local
Pharmaceutical Committee
Zumba Gold class after the speaker

Monday May 4th
Healthy eating for stronger bones
Lisa Perkins, Dorset Healthcare
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
Exercises with a thera-band
Theresa Rowett, Dorset Healthcare
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









