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**Your support can help us
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to people's lives today and in the future!

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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

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

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



For further information
please contact Osteoporosis Dorset
T: 01202 443064
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