

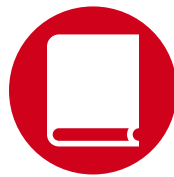


# bonefit™ WORKSHOPS

An evidence-informed exercise training workshop, designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe and effective methods to prescribe and progress exercise for people with osteoporosis.



Interactive  
Practical Learning



Learn the most recent  
recommendations on  
reducing fracture risk



Emphasize safety in  
your exercise  
program

## BASICS CLINICAL

Aimed at exercise and fitness professionals working in the community with uncomplicated osteoporosis clients | \$175 early bird/\$200 reg.

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients | \$375 early bird/\$400 reg.

All registrations include a light breakfast, lunch, free t-shirt (Basics) or foam roller (Clinical).

### To register, visit [www.bonefit.ca](http://www.bonefit.ca)

Saskatoon  
2020

University of Saskatchewan  
221 Cumberland Ave. N, SK

Basics - January 25  
Clinical - January 25-26

Day 1: 7:30AM to 5:00PM  
Day 2: 8:00AM to 4:00PM

Contact  
[bonefit@osteoporosis.ca](mailto:bonefit@osteoporosis.ca)

416-696-2663 x2290

 **OSTEOPOROSIS**

[osteoporosis.ca](http://osteoporosis.ca)



[osteostategy.on.ca](http://osteostategy.on.ca)