



Do you work with clients with osteoporosis?

bonefit™ WORKSHOPS

🕒 **7:30 AM to 5:00 PM (Saturday)**
8:00 AM to 4:00 PM (Sunday)

📍 **November 25-26, 2017**
Functional Fitness, Orillia, ON

📍 **December 2-3, 2017**
Burlington Seniors' Centre, Burlington, ON

📍 **January 27-28, 2018**
Chatham-Kent YMCA, Chatham, ON

📍 **May 5-6, 2018**
Doubletree Hilton, Toronto, ON



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OSTEOPOROSIS
CANADA

Bone Fit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise practitioners 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
reduction of fracture
risk and bone loss**

📌 **Emphasize
Safety in Your
Exercise
Program**

Continuing Education Credits are available with CSEP, Canfitpro, OFC, CPTN, CFES, CATA and YMCA upon completion of Bonefit training.

+ **Bone Fit™ Basics (1-day)**

Aimed at exercise and fitness professionals working in the community with uncomplicated osteoporosis clients

+ **Bone Fit™ Clinical (2-day)**

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients

Register now at www.bonefit.ca