

# Central Florida Healthy Bones Events 2019



## Get educated—stay strong!

Join the senior health specialists at AdventHealth Medical Group for these free, enriching events. Meet skilled and knowledgeable health care professionals, have your questions answered, and receive free health and wellness information.

### GO TO THE GYM IN YOUR JAMMIES

**FRIDAY, JANUARY 11 | 12 to 1 pm**

Ann Maley, PT and Nancy Gavaghan, RT, of F.I.T Functional Independence Training

### WALK RIGHT FOR ROBUST BONES

**FRIDAY, FEBRUARY 8 | 12 to 1 pm**

Bre-elle Ishtar, Stott Pilates Certified/ACE Group Fitness/MELT Instructor

### HORMONES AND BONE HEALTH

**FRIDAY, MARCH 8 | 12 to 1 pm**

Ann Klega, MD, Director,  
AdventHealth Women's Health Fellowship

### EXERCISE THERAPY TO BUILD STRONG BONES

**FRIDAY, APRIL 12 | 12 to 1 pm**

Justin Hess, DPT,  
AdventHealth Sports Med & Rehab

### BONE UP ON YOUR DXA BONE DENSITY SCAN

**FRIDAY, MAY 10 | 12 to 1 pm**

Kurt Scherer, MD, AdventHealth Radiology and Imaging/Radiology Residency Program Director,  
AdventHealth Orlando

### NUTRITION FOR OPTIMAL BONE HEALTH

**FRIDAY, JUNE 14 | 12 to 1 pm**

Cheryl Flynt, MPH, RD, LD, Manager,  
AdventHealth Centre for Nutritional Excellence

### LOW-INTENSITY VIBRATION THERAPY FOR HEALTHY BONES

**FRIDAY, JULY 12 | 12 to 1 pm**

Michael Kaplan, PT, DPT, CMPT, Ability Rehabilitation

### STRONGER MUSCLES AND HEALTHIER BONES

**FRIDAY, AUGUST 9 | 12 to 1 pm**

Paul Coen, PhD,  
AdventHealth Translational Research Institute

### GOOD BONES NEED GOOD D-FENSE

**FRIDAY, SEPTEMBER 13 | 12 to 1 pm**

George Guthrie, MD, President,  
American College of Lifestyle Medicine

### BUILD BONE AND MUSCLE STRENGTH WITH TAI CHI AND QIGONG

**FRIDAY, OCTOBER 11 | 12 to 1 pm**

Jim Moltzan, Zen Wellness Certified Medical Qigong  
Master Instructor

### MEDICATIONS TO PREVENT FRACTURES

**FRIDAY, NOVEMBER 8 | 12 to 1 pm**

Shannon Miller, PharmD, University of  
Florida College of Pharmacy

June through November events take place at:

**Center for Health and Wellbeing,  
2005 Mizell Ave., Winter Park, FL 32792**

Presented by: AdventHealth Medical Group  
Senior Health at Winter Park Benmore

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.



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