

For more information, call Anne Goebel, Wellness Nurse Coordinator, at 203-920-1642

EXERCISE WITH A DOCTOR *for Osteoporosis awareness month* this May!

**When:** Monday, May 20th at 1:30-2:30pm

**Where:** Studio 1 at The Darien Y

**RSVP:** Kindly reply by May, 17th to Jvansciver@darien-ymca.org

Exercises will be provided by one of Darien Y’s Personal Trainers, **Connie Bocchetta.**

Exercise with stamford health osteoporosis center doctors, **Dr. Melissa Goldstein** and **Dr. Rebekah Gospin** for 30 minutes, with a Q & A before and after the exercise session to learn about bone health.

**Lecture is FREE & OPEN to the community!**