

# Bone Health



Image by Karlyukav on Freepik

## Please join us for a class on Bone Health

- Embrace a Bone Healthy Lifestyle:
  - Bone Friendly Nutrition
  - Bone Healthy Exercises
  - Fall Prevention

### Details

**DATES:** August 28th

**DAY OF WEEK:** Thursday

**TIME:** 10:00AM-11:00AM

**LOCATION:** Community Room @ Presbyterian Medical Group  
454 Saint Michaels Drive Santa Fe NM 87505

**TO REGISTER:** Use the QR Code below or call the Santa Fe County Cooperative Extension office 505-471-4711.

Register using the QR code or online at <https://www.prescommhealthclasses.com/book-online>



Class size is limited. Schedule is subject to change depending on minimum participant enrollment.

Participants will receive \$20 in produce vouchers for use at the Santa Fe Farmers Market Del Sur on Tuesdays, July 1st- September 30th.



**BE BOLD.** Shape the Future.  
**College of Agricultural, Consumer and Environmental Sciences**



**PRESBYTERIAN**  
Community Health