

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: March 3, 2026

DAY OF WEEK: Tuesday

TIME: 9:30 AM-10:30 AM

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

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



TO REGISTER: use the QR code or online at <https://www.prescommhealthclasses.com/book-online> or call 505-471-4711



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Community Health