lOOKING AHEAD:

Osteoporosis Support Group

 2025-2026

Tentative Monthly Topics/Speakers

* September 18th : Fall Prevention – Bozena Szostak
* October 23rd : Safe Body Mechanics for Daily Activities- Elizabeth Duggan
* November 20th : Healthy Holiday Recipes – Patricia Schneider
* December : OFF
* January: OFF
* February: OFF
* March 19th : Benefits of Meditation and Wellness – Patricia Schneider & Alyssa Chagares
* April 16th : Safe Exercises to Promote Strong Bones – Jibin Jacob
* May 21st : Posture Workshop– Bozena Szostak
* June 18th : Medication Related Falls, Etc- Shari Silverstein
* July 16th : Exercise Snacks- Elizabeth Duggan
* August 20th : Cardiac Heart Health- Patricia Schneider

\*Please note: Topics subject to change