

# NEWS RELEASE

## Waterford on South Hill



**For immediate release**

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### **Public invited to Be Healthy to the Bone**

SPOKANE, Wash. — Osteoporosis — the reduction of bone density and quality as well as increasing fracture risk — affects 75 million people in the United States, Europe and Japan. Three upcoming classes at Waterford will offer techniques for preventing and managing the disease.

Be Healthy to the Bone runs from 2 to 3:30 p.m. Monday, May 4, Monday, May 11 and Friday, May 22. A representative from the pharmaceutical company sanofi-aventis will perform complimentary bone density screenings from 1 to 5 p.m. May 11 and 22.

All sessions are open to the public and will be held at Waterford on South Hill, 29th Avenue and Pittsburg Street. The cost is \$25 per participant for all three classes or \$10 per participant for a single session. It is recommended that participants register for all three classes. Handouts, exercise bands, refreshments and healthy snacks are included.

Participants can ...

- Assess their personal risk factors for low-bone density.
- Understand basic bone biology across the lifespan, including the influence of hormones, nutrition and physical activity.
- Learn which food and lifestyle choices promote or damage bone health.
- Discover and practice some exercises and physical activities that benefit bone health.
- Find out how bone health and fracture risk are assessed and about the various medications used for treatment.

**On May 4**, Waterford Director of Health and Fitness Lori McCormick, P.T., and Fitness Specialist Diane Levad, C.P.T., will present “Facts about Osteoporosis and Bone Biology.” **On May 11**, Allison Leverett, R.N., B.S.N., and McCormick will present “Promoting Bone Health Across the Lifespan.” Activewear is recommended for these two classes.

**On May 22**, Lynn Kohlmeier, M.D., an endocrinologist with Endocrine Associates of Spokane and director of Spokane Osteoporosis Centers, will present “Assessing Bone Health; Medical Management and Treatment of Osteoporosis.”

“As May marks two celebrations — Osteoporosis Awareness and Prevention Month and Exercise is Medicine™ month — it’s an appropriate time for people to raise their awareness of whole-person wellness, including bone health,” says McCormick. For registration information, people can call McCormick at 509-321-8201.

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Be Healthy to the Bone is sponsored by Waterford, Spokane Osteoporosis Centers, Novartis and sanofi-aventis.

**About Waterford on South Hill**

Waterford offers a wide range of homes and lifestyle options, including home health and home care services. The full-service retirement community is located at 29th Avenue and Pittsburg Street. For more information, visit [WaterfordSpokane.com](http://WaterfordSpokane.com).

**About Spokane Osteoporosis Center**

The Spokane Osteoporosis Center specializes in the diagnosis, prevention and treatment of osteoporosis, helping to promote strong bones and reduce the risk of fracture.

**About Novartis**

Novartis aims to discover, develop and successfully market innovative products to prevent and cure diseases, to ease suffering and to enhance the quality of life.

**About sanofi-aventis**

Sanofi-aventis is part of a leading global pharmaceutical company that discovers, develops, produces and markets therapies that enhance people's lives.

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