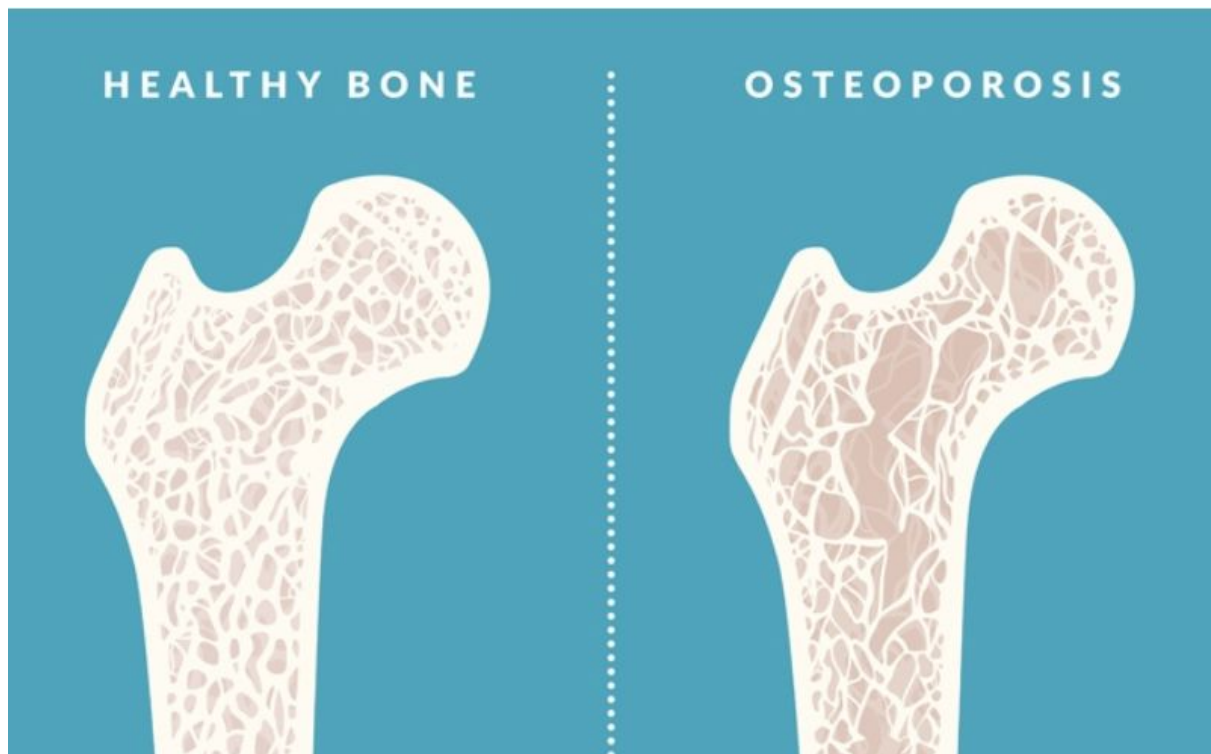


FREE Wellness Talks by US trained Melissa Poplaski, in collaboration with Mellieha Local Council. For seat reservations call: Marvic De Bono on 21521333.

Stronger Bones Osteoporosis/Osteopenia



Quick Facts:

- Osteoporosis/Osteopenia is a silent bone disease characterized by low bone mass and reduced strength leading to brittle bones and possibly fractures.
- In Malta 20% of women and 6% of men who are 50 years or older suffer from Osteoporosis/Osteopenia.

- Lack of knowledge on how to move safely in your body is a major cause in the development of osteoporosis and fractures.

In this talk we will discuss:

- What is Osteoporosis/Osteopenia?
- Myths about Osteoporosis/Osteopenia
- Can Osteoporosis/Osteopenia be cured?
- Non-surgical approach to helping patients with Osteoporosis/Osteopenia
- Osteoporosis/Osteopenia nutritional tips/recipes

About Core Balance Movement: For the past 20 years, Core Balance Movement has helped hundreds of people from all walks of life by using movement therapy as medicine to heal the body. Our philosophy is to use a non-invasive, non-pharmaceutical approach to address these health issues by allowing our bodies to heal themselves. I started Core Balance Movement back in California where I combined my training and hands-on experience in bodywork/therapeutic massage, pilates, yoga, strength and conditioning to create a unique holistic body approach. I am now happy to be offering these services in Malta and want to help bring awareness to mindful movement as medicine. You can learn more about us and our qualifications on our website: www.corebalancemovement.com

Location: Mellieha Local Council Building

Date: May 2nd 2020

Time: 9am to 10:30am

Cost: FREE and open to the public (all ages welcome)

For reservations: Contact **Marvic De Bono on 21521333**. Limited spaces available so bookings are on a first-come-first served basis.