

NUTRITION AND BONE HEALTH

NOVEMBER IS OSTEOPOROSIS MONTH

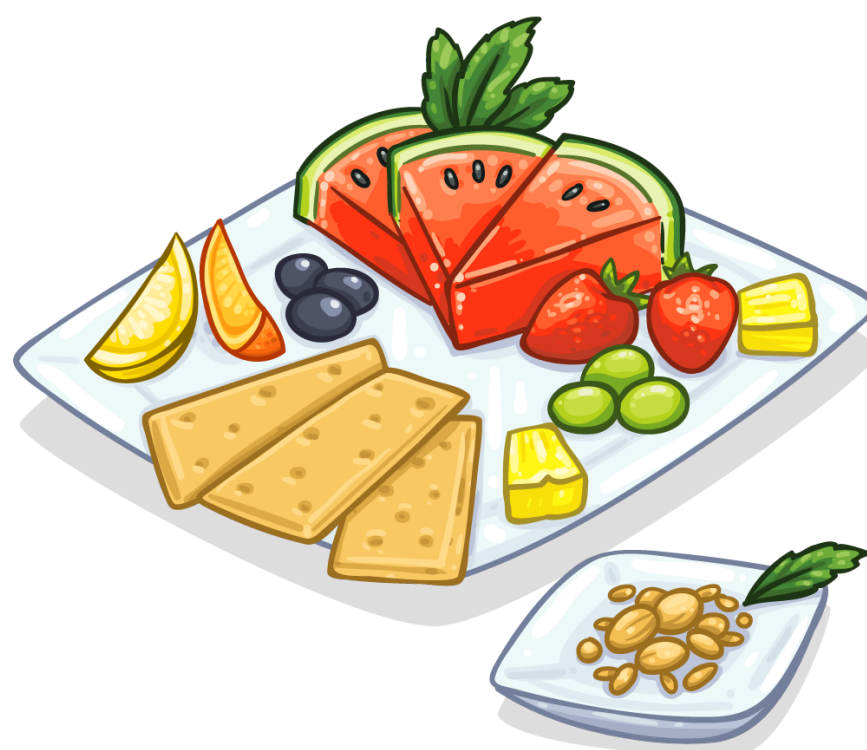
JOIN US FOR A LECTURE BY LINDA STEIN, REGISTERED DIETITIAN

MONDAY, NOVEMBER 27TH : 7:00 TO 8:00 P.M.

PRO MOTION PHYSIOTHERAPY, 301F THE PROMENADE

A Registered Dietitian who has been in private practice for over 30 years, Linda is a member of the Canadian Dietetic Association and the College of Dietitians of Ontario. She individualises healthy eating programs for her clients through a nutritional assessment which is based on health issues and food preferences. She specializes in healthy lifestyle eating, weight management, eating disorders, osteoporosis, cholesterol management, fiber modifications and gastrointestinal problems.

Linda sees clients privately or in a group setting.



THIS IS A FREE LECTURE BUT WE WELCOME DONATIONS TO THE FOOD BANK.

Space is limited so please call us at 905.731.1991 to reserve your spot

Pro Motion is a Licensed Osteo-Circuit clinic.

KEEPING YOUR LIFE IN MOTION