



**CALL NOW TO REGISTER!**

**6 Week Program**

**May 12th - June 22nd**

**1st Lecture Date:**

**Monday 5/12/08**

**Next 2 lectures TBA**

**Lecture Time: 12:00 pm**

# **OSTEOPOROSIS & YOUR HEALTH PROGRAM**

**Join Dr. Ronald Emkey & Spring Valley Athletic Club for this very special program!**

## Program Includes:

- FREE bone density test (\$150 value)
- 3 lectures (1-2 hours in length) with lunch provided by **BIG BERTHA'S GRILL** at Pagoda Golf
  - 3 group fitness classes
  - 6 one-on-one personal training sessions
- Optional 6-week membership (additional \$20)

This is an on-going program throughout the year. The next scheduled session is listed below:

5/12/08 to 6/22/08

**Contact: Denise 610-678-0484 Ext: 112 with questions & pricing information**

