



Osteoporosis Prevention: *It's Not All About Calcium!*

Interested in learning what keeps bones stronger and healthier than any calcium supplement? What about staying flexible and functional till the day you die?

Then you can't afford to miss this unique workshop: a combination of important tips on no-gym-membership-or-equipment-required total body exercises, proper nutrition, and relaxation/meditation techniques guaranteed to improve the density of your bones even if you've already been diagnosed with either Osteopenia or Osteoporosis (*and BTW this class definitely isn't just for women!*)

WHEN: Tuesday, December 9th, 7-9PM

COST: ONLY \$55

CALL 302-593-5005 BY DECEMBER 5TH TO REGISTER

ONCE YOU'VE
REGISTERED,
WE'LL SEND A
ZOOM LINK!



Jennifer Warriner Eskridge, BS Kinesiology, is the Founder of CardiYO Fitness. Specializing in holistic stretch and Functional fitness for movement optimization & longevity, her passion for helping others find healing through movement has made her the area's go-to for VIRTUAL small group training.

Jessica Lewis, CPT, CNC, holds multiple certifications in fitness, nutrition, and Tai Chi / Qigong. Founder of SCULPT YOUR LIFE® and T'AI CHI CHIH FOR VETERANS, she provides a completely unique blend of fitness, nutrition, and mindful movement across clinical, community, university, and veteran settings.

Jennifer & Jessica have been tag-team teaching health & wellness for over 20 years ... **TOGETHER THEY ARE THE PROS YOU NEED 2 KNOW!**