

## Join the Omaha Area Bone Health Group

Sponsored by the Creighton University Osteoporosis Research Center (ORC) and affiliated with the National Osteoporosis Foundation (NOF) Support Group program

The Omaha Area Bone Health Group is dedicated to providing accurate, timely information and support to people affected by or interested in bone health and osteoporosis. All meetings are free and open to the public. Meetings are held at the Creighton University Medical Center Building, located at 601 North 30th Street.

\*Check the schedule as the meeting rooms and times may vary.

### **2013 Meeting Schedule**

#### **Osteoporosis Treatment Options**

Presented by Mohsen Zena, M.D. (Newest ORC physician)

Date: **Wednesday, March 13**

Time: **10:00-11:30 a.m.**

Location: **Suite 5766 (CUMC)**

#### **What's covered?**

#### **Medicare Reimbursement for In-home Care Services**

Presented by Amanda Holst, M.S. (Visiting Nurses Assoc)

Date: **Wednesday, April 10**

Time: **1:00-2:30 p.m.**

Location: **Suite 5766 (CUMC)**

#### **Taking Good Care of Your Feet**

Presented by John Weremy, M.D. (Podiatrist)

Date: **Tuesday, May 7**

Time: **1:30-2:30 p.m.**

Location: **Morrison Seminar Room (Lobby Level)**

## **2013 Meeting Schedule Continued**

### **What You Should Know about Hip Protectors**

Presented by Robert R. Recker, M.D. (ORC Director and NOF President)

Date: **Wednesday, June 12**

Time: **1:30-2:30 p.m.**

Location: **Suite 5766 (CUMC)**

### **Bag N Save & No Frills Supermarkets will provide Bone Healthy Treats**

Presented by Jennifer Meyer, R.D. (Registered Dietitian)

Date: **Wednesday, Sept. 11**

Time: **1:00-2:30 p.m.**

Location: **Suite 5766 (CUMC)**

### **Physical Activity and Exercise for Strong Bones**

Presented by Karen Paschal, P.T. (Physical Therapist)

Date: **Wednesday, October 9**

Time: **1:00-2:30 p.m.**

Location: **Suite 5766 (CUMC)**

### **Enjoy Chair Massages and Group Discussion**

Presented by Beverly Riley (Licensed Massage Therapist)

Date: **Wednesday, November 13**

Time: **1:00-2:30 p.m.**

Location: **Suite 5766 (CUMC)**

To RSVP or to learn more about the Omaha Area Bone Health Group contact our leaders:

**Dorothy Norton**

Phone: 402-493-2493

Email: [lv2bsewing@cox.net](mailto:lv2bsewing@cox.net)

**Susan Recker**

Phone: 402-280-4810

Email: [srecker@creighton.edu](mailto:srecker@creighton.edu)