

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 Alegent Creighton University Medical Center Building, located at 601 North 30th Street, Omaha, NE.

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

2014 Meeting Schedule

Dancing Grannies

Date: **Wednesday, March 12**

Time: **2:00-3:30 p.m.**

Location: **Becic Dining Room** (Lobby Level, CUMC)

Boning Up On Osteoporosis

Presented by: Joan M. Lappe, Ph.D., R.N., F.A.A.N.

Date: **Wednesday, April 9**

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

Location: **Suite 5766** (5th Floor, CUMC)

Informal Discussion on Rheumatology

Presented by: Jay Kenik, M.D.

Date: **Tuesday, May 13**

Time: **11:00 a.m. -1:30 p.m.**

Location: **Dining Room ABC** (Lobby Level, CUMC)

2014 Meeting Schedule Continued

Tai Chi Class

(15 Minute Warm-Up, 45 Minute Class)

Presented by: Bev Vazzano

Date: **Wednesday, June 4**

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

Location: **Suite 5766** (5th Floor, CUMC)

Registered Dietitian

(No Frills Supermarkets)

Presented by: Jennifer Meyer, R.D.

Date: **Wednesday, September 10**

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

Location: **Suite 5766** (5th Floor, CUMC)

Update on Osteoporosis Medications

Presented by: Laura A.G. Armas, M.D., M.S.

Date: **Wednesday, October 8**

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

Location: **Suite 5766** (5th Floor, CUMC)

Skeletal Fitness II

(Mirabai Holland's NEW DVD)

Date: **Wednesday, November 12**

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

Location: **Suite 5766** (5th Floor, CUMC)

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

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