Osteoporosis Support Group
Speakers for 2012

March 14: Linda Martins . . . Tai Chi
Interactive Demonstration

April 11: Judy Gale, PT . . . Safe Exercises
Designed for those with Osteoporosis

May 9: Dr. John Hurley . . . Rheumatology
Informational Discussion-bring questions

June 13: Ken Nesbitt . . . Safety for Seniors
(Manager of CUMC Safety & Security)

Sept 12: Dr. Tim Fitzgibbons . . . Orthopedist
Informal Discussion- Keeping One’s Feet Healthy

Oct 10: Entertainment from Omaha Dancing Grannies

Nov 14: A time for Sharing concerns and solutions.
-Video presentation of “Skeletal Fitness” with a special
presentation about Osteoporosis by Felicia Cosman, M.D.,
Clinical Director of the National Osteoporosis

For questions call Susan Recker, 402-280-4810