

## 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.

## 2015 Meeting Schedule

### Informal Discussion on Rheumatology

Presented by: Jay Kenik, M.D.

Date: **Friday, April 24, 2015\***

Time: **12:00 p.m. -1:00 p.m.**

Location: **Becic Dining Room** (Lobby Level, CUMC-next to the cafeteria)\*

### All About Knees

Presented by: Terry Grindstaff, P.T., Ph.D., ATC, SCS, CSCS

Dr. Grindstaff was the 2015 recipient of the Excellence in Education Award from the APTA American Physical Therapy Sports Physical Therapy Section.

Date: **Tuesday, May 13, 2015**

**Time: 1:00p.m. – 2:30p.m.**

Location: **5766** (the usual 5<sup>th</sup> floor location)

## 2015 Meeting Schedule Continued

### Tai Chi Class

**(15 Minute Warm-Up, 45 Minute Class)**

Presented by: Bev Vazzano

Date: **Wednesday, June 10, 2015**

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

Location: **Becic Dining room** (Lobby Level, CUMC-next to the cafeteria)\*\*

\*note date, time and location change

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The Omaha area will miss Dorothy Norton, [lv2bsewing@cox.net](mailto:lv2bsewing@cox.net), co-leader of the Bone Health group in Omaha, who died in early February. Her friend of 40 years summarized her passing, saying "she went on her terms, quick and quiet, peaceful death at home....Typical Dorothy." She will be missed by all.



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

**Susan Recker**

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