

Osteofit for Life

For Older Adults & Seniors 55+

Join a Fun and Invigorating Exercise Program!



Osteofit helps individuals suffering from Osteoporosis, or who have low bone density, and are at risk of falling or fracturing bones.

Osteofit helps to:

- Strengthen muscles
- Improve balance
- Reduce the risk of falls and injuries

When: April 24—June 7, 2018
Tuesdays 8:30-9:30am & Thursdays 9:00-10:00am

Where: Kits House—Community Hall, 2305 West 7th Ave, Vancouver, BC (Corner of 7th & Vine Street)

Cost: \$70 (14 sessions at \$5.00 each) + \$10 annual membership fee—inquire about subsidy if required

For more information, please contact Derik at 604-736-3588 ext. 602 or derikh@kitshouse.org

Registration is required

Please register by visiting the front desk at Kits House or visit www.kitshouse.org to print and submit completed medical forms