



**AFICS AGING SMART COMMITTEE PRESENTS THE
SECOND OF A THREE-PART PROGRAM:**

GOOD TO THE BONES

This free webinar introduces essential information about bone health, bone loss, Osteoporosis, and practical tips for building strength, balance, and resilience in the body at every age.

For those who are interested, there will be an opportunity to join a 4-week online course that teaches simple daily practices that anyone can do to support good bone health and improve balance. Class size is limited and preference will be given to AFICS members who register before December 1.

Please register in advance for this workshop on Nov 13th at 11:00 am by clicking [HERE](#) or type in the address below in your web browser.

https://us02web.zoom.us/meeting/register/tZclcuqrjpspHdRiXOPLtp5-Rhyq59Xn-U_S

**ONLINE ZOOM
WEBINAR**

LED BY

**LIZ
HUNTINGTON**

**DATE: NOV 13,
2023 TIME: 11 AM
EST**

**Shoba Mani, Paula
Saddler, and Liz
Huntington, are RYT-
500 Viniyoga Yoga
Instructors trained in
Yoga Therapy and
Clinical Applications
through the American
Viniyoga Institute.**

1st program

Get Better Sleep

**3rd session – Making
Better Decisions**

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