Registration

Name:

Address:

Preferred Phone:

Email:

Are you able to get on/off the floor easily?  Yes  No
(if no, we will provide a mat table for your use)

Total cost is $175.00/person. Please makes checks payable to Virginia Hospital Center.

MAILING ADDRESS:

Virginia Hospital Center-Rehab Dept.
Attention: Elaine Stewart
1701 N. George Mason Drive
Arlington, VA 22205

An exercise program Consent and Release Form will need to be signed prior to participation. Please, if you have any concerns, speak with your physician prior.
Keys to Staying Healthy with Osteoporosis:

**Purpose:** To educate and empower those wishing to prevent and address the effects of bone loss.

**Target Audience:**
Active people with:
- Osteoporosis
- Osteopenia
- Risk factors for developing bone loss
- A desire to improve posture and well being

**Approach:** ©The Meeks Method.
Please visit sarameekspt.com for details
- Teach safe movement
- Improve body alignment
- Reduce minor pains to improve quality of life
- Reverse the pattern of postural change

**Triangle of Management**

The focus for this class is safe movement and exercise. However, medication and nutrition will be discussed during the lectures.

**Lectures:**
- What is Osteoporosis?
- Medical Management of Osteoporosis
- Nutrition and Your Bones
- Posture, Breathing and Balance
- Keys to Exercise
- Using Your Keys to Exercise Safely

**Labs:**
1. Safe and site specific exercises for:
   - Posture
   - Strength and flexibility
   - Balance training
   - Breathing strategies

2. Safe body mechanics for injury prevention
3. Pre and Post posture photos and height measurements

**Schedule:**
The classes are generally offered 2-3 times a year, and are twice a week for 3 weeks. The duration of each class is 90 minutes and each includes a lecture and lab portion. Class size is limited to 10-12 participants to ensure individual attention from your instructors, who are licensed Physical Therapists. The class needs a minimum of 6 participants to be held. Please call Elaine Stewart 703.558.6828 or Dana Edwards/Justin Trumbull 703.558.5334 for information on the next class offering.

**Dress:**
On the first day, please wear form-fitting clothing for photographing your posture. For the remainder of classes wear comfortable clothing that you can easily move in.

**Location:**
The Outpatient Rehabilitation Department at Virginia Hospital Center. The Department is located on the first floor of the 1625 Building. Please park in Blue Parking and call if you need