

A NATURAL APPROACH TO BONE DENSITY

A FUNCTIONAL MEDICINE TALK FROM OUR DOCTORS

WHAT IT REALLY IS · WHY IT MATTERS · HOW TO IMPROVE IT NATURALLY

WHAT YOU'LL LEARN

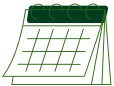
- WHAT BONE DENSITY IS AND HOW IT CHANGES OVER TIME
- WHY BONE HEALTH MATTERS FOR LONG-TERM WELLNESS AND MOBILITY
- FACTORS THAT MAY INFLUENCE BONE STRENGTH AND BONE LOSS
- WHY A PERSONALIZED APPROACH MATTERS
- LIVE Q/A SESSION



RESERVE YOUR SPOT TODAY!

SCAN THE QR CODE OR ASK
OUR TEAM HOW TO REGISTER

WE HOPE TO SEE YOU THERE!



TUESDAY, JUNE 23RD



SUNSET HILLS COMMUNITY CENTER

3915 S LINDBERGH BLVD
ST. LOUIS, MO 63127



6:45 - 7:45