



CALL NOW TO REGISTER!

6 Week Program

Sept. 22nd - Nov 3rd

Lecture Dates:

Monday 9/22/08

Monday 9/29/08

Monday 10/13/08

Lecture time 6:00

OSTEOPOROSIS & YOUR HEALTH PROGRAM

Join Dr. Ronald Emkey & Spring Valley Athletic Club for this very special program!

Program Includes:

- FREE bone density test (\$150 value)
- 3 lectures (1-2 hours in length) with lunch provided
 - 3 group fitness classes
 - 6 one-on-one personal training sessions
- Optional 6-week membership (additional \$20)

**\$99 / members
\$110/ non members**

**Contact: Denise
at
610-678-0484**

**for more
information**

Register with a friend and receive a \$15 gift card to use at SVAC!

