

When
**Saturday April 2,
2016**

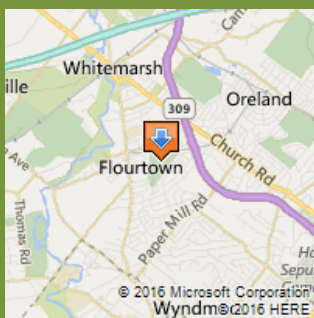
9:30AM to 3:30 PM

DOORS OPEN AT 9:00AM

**PRE-REGISTRATION
REQUIRED**

Where

Flourtown Country Club
150 McCloskey Rd
Flourtown, PA 19031



Presented By ~

**JOANNE
FAGERSTROM,
Physical Therapist**

www.joannefagerstrom.com

267-432-1795

and

**SHELLEY ZEICHNER,
Events**

www.shelleyzeichner.com

610-256-7724

TAKING CHARGE OF YOUR BONE HEALTH

Many questions arise if you have a diagnosis of osteopenia or osteoporosis.

WE INVITE YOU TO JOIN US AT THIS IMPORTANT WORKSHOP TO GET ANSWERS TO MANY OF YOUR QUESTIONS ABOUT NUTRITION AND YOUR BONE HEALTH.

At this workshop you will learn a whole-body comprehensive approach to bone health that reaches beyond the estrogen and calcium myths to truly support healthy bone growth and regeneration through nutrition. Our bones need a variety of nutrients in addition to calcium to repair themselves and the body needs to maintain a balanced pH to prevent further loss of bone.

SUSAN E. BROWN, Ph.D.



Susan E. Brown, Ph.D., is a medical anthropologist, a New York State Certified Nutritionist, and the author of *Better Bones, Better Body* – the first comprehensive look at natural bone health. She specializes in osteoporosis and osteopenia with more than 20 years of experience in clinical nutrition, bone health research, and lay and health professional education.

In 1986, Dr. Brown created the Osteoporosis Education Project (OEP), renamed as the Better Bones Foundation (BBF) in 2008. This nonprofit research foundation has distinguished itself as a “thought leader” in the exploration of bone health optimization. At the BBF, Dr. Brown conducts small clinical trials on promising nutritional and lifestyle bone-building therapies, conducts public awareness campaigns, and presses forward on a daily basis “rethinking” osteoporosis and bone health maximization.

Susan Brown received her doctorate from the University of Michigan in 1972 and is the recipient of two Fulbright–Hays Scholar Awards, as well as an Organization of American States Research Fellowship. She is a member of Sigma Xi, the honorary Scientific Research Organization of North America. In the fall of 2002, Dr. Brown was appointed research associate at the Department of Anthropology of Syracuse University.

AMY JOY LANOU, Ph.D.



Amy Joy Lanou, Ph.D., is Chair and Professor of Health and Wellness for the University of North Carolina Asheville (UNC Asheville). Dr. Lanou currently teaches nutrition, food politics and nutrition policy, health communications and senior seminar in health promotion at UNC Asheville. Her research interests include nutrition for the prevention of chronic disease, experiential food education and eating behavior, how self-efficacy impacts health behaviors, and plant-based nutrition and bone health.

Dr. Lanou publishes regularly on the relationship between vegetarian diets and dairy products and health. She is also the author of *Building Bone Vitality* (McGraw-Hill; June 2009) and *Healthy Eating for Life for Children* (John Wiley & Sons, Inc.; Feb. 2002).

Dr. Lanou formerly served as nutrition director for the Physicians Committee for Responsible Medicine (PCRM), a Washington, D.C.-based nonprofit organization dedicated to promoting preventive medicine, especially better nutrition, and higher standards in research. In this capacity, Dr. Lanou lead nutrition education and outreach programs and advocated for healthier diets. She focused her research and projects on efforts to help laypersons and health care professionals learn about low-fat vegetarian diets for promotion of long-term wellness.

Dr. Lanou received her B.S. in Nutrition Science from the University of California at Davis and her Ph.D. in Human Nutrition from Cornell University.

EARLY BIRD by 3/1/16 - \$125.00

AFTER 3/1/16 - \$150.00

***A HEALTHY DELICIOUS LUNCH IS INCLUDED**