



FREE BONE DENSITY SCREENING FOR  
**Osteoporosis**

**TUESDAY, JANUARY 22 • 9-11 AM**

Portage Township YMCA • 3100 Willowcreek Road, Portage, IN

As we age, osteoporosis may weaken our bones and cause them to break or become brittle. Women, ages 65 and over, and men, ages 70 and older, should have a bone-density test to screen for osteoporosis, according to recommendations by the U.S. Preventative Services Task Force. Osteoporosis can be diagnosed and treated with medication if necessary to help to prevent brittle/broken bones.

**Sign up for this FREE program at the Portage Township YMCA held in partnership with St. Mary Medical Center's Women's Diagnostic Center.**

**Space is limited.**

**Sign up for your free screening appointment today.**

**TO REGISTER: Call 219-836-3477 or 866-836-3477**