A new webinar designed to teach you how to protect two important structures in your body: your bones and muscles. The webinar will also reveal many factors and tips about bone health and muscles that you don’t want to miss!

Topics include:
• Steps to prevent or slow bone loss as we grow older.
• Caring for injuries to maximize healing.
• Value of muscle strength, posture and balance.

Wednesday, October 21, 2020 12:00pm - 12:45pm

Register for the WEBINAR

Presented by Health Net