



*presents*

## **BUILDING STRONGER STATURES!**



### **World Osteoporosis Day Tuesday, October 20th, 2009**

*Experience a NEW way to strengthen your spine!*

- **Find out** how to strengthen your posture and **STRAIGHTEN UP!**
- **Learn** about **STRAIGHTEN UP!** classes, workshops, programs
- **Understand** how the power of posture affects spine strength
- **Discover** your own postural alignment **FREE**
  - Spine curve measurement
  - Height measurement
  - Posture assessment

<i>Location</i>	<i>Address</i>		<i>Time</i>
St. Brigid Parish	3850 Cass St	Pacific Beach	9:30-11:00 a.m.
Ecke YMCA	200 Saxony Rd	Encinitas	12:30-2:00 p.m.
La Jolla YMCA	8355 Cliffridge Ave	La Jolla	3:30-5:00 p.m.

**Call 858 581-6900 for information or to RSVP**

*Sponsored by Posture Biomechanics Foundation  
501(c)(3) Nonprofit Corporation  
and YMCA of San Diego*

