

For Your Well-Being

At the Cedarburg Senior Center

Informative health education sessions with
Community Nurse Educator, Kelly Barboza, BSN, RN



Wednesday, May 29th 10:30-11:30

Healthy Bones

The Bone Health & Osteoporosis Foundation says that “osteoporosis is not an inevitable part of aging; there are things you can do to reduce your risk”. Assess your risk factors for osteoporosis and take steps to build, strengthen, and protect your bones to support your overall wellness!

Cedarburg Senior Center
W63N643 Washington Ave.
Cedarburg, WI

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