



## Bone Building Exercise Series

 A Free Virtual Workshop Presented by  
**Cancer Support Community Atlanta**

*Led by*

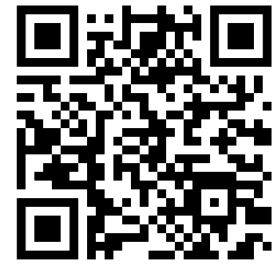
**Bev Stegman, CR, RYT**

Just like every part of your body, your bones need maintenance to be healthy and strong. Exercise is one of the pillars of bone care and fall prevention. In this four-part series, we will practice weight bearing exercises and resistance training to build strength and stability to promote bone building and bone health.



**Thursdays, April 4, 11, 18 and 25**  
**11:00 a.m. – 12:00 p.m.**  
**Virtual Only**

To participate, please register  
at [www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar).



Registration  
Calendar



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 **CANCER SUPPORT  
COMMUNITY  
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