

Date: Thurs April 20th, 2017

Time: 11:30am - 1pm

BRING YOUR LUNCH AND LEARN!



Osteoporosis with Dr. Caralei Peters MSc,ND

Come learn how to treat Osteoporosis and Osteopenia from a 'Naturopathic Perspective'. Dr Caralei Peters MSc, ND will be discussing which foods, supplements and activities you should consider to keep your bones healthy and strong.

Dr Caralei has been practicing in Hamilton at Naturopathic Perspectives since 2004. Her love of nature and patient education drew her to Naturopathic Medicine. She treats patients of all ages, focusing on muscle and joint health, hormones, skin conditions and cancer.

In her spare time, Dr Caralei enjoys long distance running and going on hikes with her husband and their two daughters.

Brought to you by the S.I.M GYM

Talk takes place in the Auditorium of St.Joseph's Villa

56 Governor's rd, Dundas

Call 905-627-3541 ext 2109 or

email s.i.mgym@sjv.on.ca to reserve your spot

55 and older please