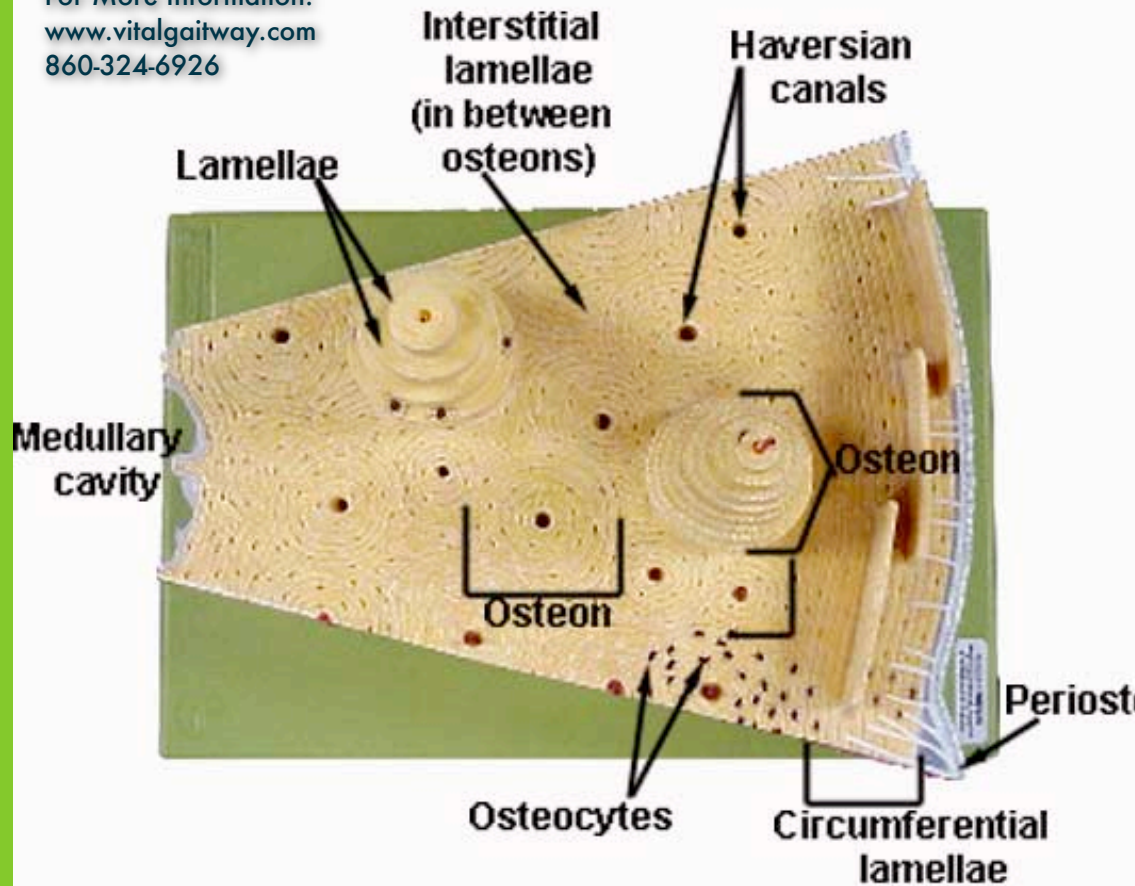


# Bones

For More Information:  
www.vitalgaitway.com  
860-324-6926



## The Physics of Fragile Bones \$35.00

You can begin to restore your bones to the density-levels of your youth with a simple adjustment to your alignment!

This is an exploratory workshop on the mechanisms behind bone loss. If the problem were simply dietary or hormonal, then bone loss would be systemic, but it's not—it occurs in the same four sites:

- Ball of the femurs
- Wrists
- Ribs
- Vertebrae

Your bone is an amazing plastic system that is constantly adjusting to your size, shape and the forces you place upon it.

You will learn:

- the role gravity plays in building bone
- where your specific postural habits leave you most vulnerable

- the 1 simple shift to your posture to maximize bone density
- how to perform 6 simple correctives for bone restoration

**Date:**

**Tuesday, August 13th  
6:30–8:30 PM**



Restorative Exercise™ Specialist, Christine Altman leads this dynamic workshop to explore each individual's culturally induced musculoskeletal patterns and bone-diminishing habits. Understand the biomechanics of weight-bearing exercise (no, it's not using weights), the best way to cultivate long-term bone function, and how to align your body for optimal performance.

Class takes place at The Vital Gaitway, 462 Prospect Street, Torrington, CT