



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

FOR IMMEDIATE RELEASE

Date: April 22, 2016

Contact Person/Title: Ericca Hovie, Program Coordinator

Phone/Email: 231-922-4911/ehovie@grandtraverse.org

Subject: Bare Bones Facts About Osteoporosis

Traverse City – According to the National Osteoporosis Foundation, about 54 million Americans have osteoporosis and low bone masses, placing them at increased risk for osteoporosis. Studies suggest that approximately one in two women and up to one in four men aged 50 and older will break a bone due to osteoporosis.

On Thursday, May 5 at 10:30 a.m., the Senior Center Network will present a program at its Traverse City location led by Dr. Mary Beth Hardwicke, titled, “Bare Bones Facts About Osteoporosis.”

Hardwicke will explain what osteoporosis means, provide tips about how to keep bones healthy, and discuss how to know if one has the disease.

Said Senior Center Network Program Coordinator Ericca Hovie, “Osteoporosis is a serious condition that needs to be addressed. We are pleased to host Dr. Hardwicke’s presentation and hope this information is both preventative and can help those who have it.”

Advance registration required for this presentation. Call 231-922-4911 or send an e-mail dmikowski@grandtraverse.org

###

The Senior Center Network is part of the Grand Traverse County Parks and Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday through Friday from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit our website or Facebook page.