



THE SPINAL RESEARCH FOUNDATION'S  
**COMMUNITY EDUCATION SERIES**



*Do you think  
you are at risk  
for developing  
Osteoporosis?*

*The answer may surprise you.*

**FREE SEMINAR:**

**Osteoporosis:  
Taking Steps Towards Bone Health**

Many people believe osteoporosis is an inevitable part of aging, or that it isn't serious enough to worry about it, but the numbers are staggering: 1 in 2 women and 1 in 4 men over age 50 will have an osteoporosis related fracture in their lifetime. The good news is that you can take steps to protect your bones and reduce your risk of osteoporosis. Join us for a comprehensive overview to learn about risk factors, screenings, prevention and treatment for osteoporosis.

Don't forget to bring someone you know who can also benefit from this informative session!



*Learn about osteoporosis and your treatment options  
from spine specialist Dr. Christopher R. Good.*

*To learn more about Dr. Good visit [www.SpineMD.com](http://www.SpineMD.com)*

*The Virginia Spine Institute is proud to  
partner with The Spinal Research Foundation  
to bring you this community seminar.*



**Wednesday, August 26<sup>th</sup>  
7:00 pm to 8:00 pm**

**Located At:  
The Virginia Spine Institute  
1831 Wiehle Avenue  
Reston, VA 20190**

**To register visit  
[www.SpineMD.com](http://www.SpineMD.com)  
or call (703) 709-1114**

**WEBINAR**

Can't make it in person? Join our webinar!  
Visit [www.SpineMD.com](http://www.SpineMD.com) for more information.

