

# “Stand Tall and Speak Out for Your BONES”

**World Osteoporosis Day**  
**October 20, 2009**  
**10AM-4PM**

Please join New Hampshire NeuroSpine Institute and our sponsors and supporters for an Osteoporosis awareness fair. The event will include exciting giveaways from local sponsors, free risk assessments, free bone density screenings, free chair massages, free calcium rich snacks and educational booths. The purpose of this event is to increase osteoporosis awareness and prevention.

Everyone is welcome to attend.



## NH NeuroSpine Institute

**4 Hawthorne Drive Phone: 603-472-8888**  
**Bedford, NH 03110 E-mail: [info@nhneurospine.com](mailto:info@nhneurospine.com)**

### Lectures:

**10am-** Naturopathic treatment options  
~Presented by: **Khara Lucius, ND**

**11am-** Calcium Rich Foods and how to interpret food labels  
~Presented by: **Hannaford Supermarkets**

**12n-** Understanding Dexscans and Kyphoplasties  
~Presented by: **Peter van der Meer, MD**

**1pm-** Kyphosis of the Spine  
~Presented by: **Uri M. Ahn, MD**

**1:30pm-** Osteoporosis versus osteoarthritis  
~ Presented by: **Eugene Berg, MD**

**2pm-** Medications for your Bones... good and bad  
~Presented by: **Jessica Nichols- pharmacist**

**3pm-** Overview of Osteoporosis and the Health Implications  
~Presented by: **Kame McAuliffe, PA-c**

### Free health fair events:

- Osteoporosis risk assessments brought to you by NH NeuroSpine Institute.
- Bone density screenings by GE Healthcare and NH NeuroSpine Institute.
- Shopping and food tips from a nutrition consultant offered by Hannaford Supermarkets.
- Recipe ideas and calcium rich snacks provided.
- Delicious meal ideas and samples from Extra Touch Gourmet Café.
- 10 min chair massages by licensed massage therapists.
- Learn about vitamin supplements from The Vitamin Shoppe and bring home free samples.
- Learn about a variety of exercise options and receive valuable discount coupons.
- Learn about the importance of proper foot attire
- Find techniques to help you stop smoking... which robs your bones of valuable nutrients
- Enjoy Cookies and milk at the “Got Milk” booth and much, much more!!!



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