MIIA Wellness

Bone Health & Osteoporosis



Join Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist to learn what you can do to protect your bones and stay strong as you age. This workshop will cover osteoporosis and osteopenia, fracture risk, exercise and movement recommendations, fall prevention, and practical strategies for maintaining healthy bones and an active lifestyle.

For more program details, visit the registration page.

Wednesday, February 3
4:30 to 5:30 PM

ZOOM Meeting
Lead by Dr. Katie Wadland

Register here
by February 3

Register on your MIIA Mobile App

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Free to all MIIA Account::

- **employees and spouses**
- **retirees on a MIIA/Blue Cross health plan**

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