



AM (888) 266-3015 bone health hotline

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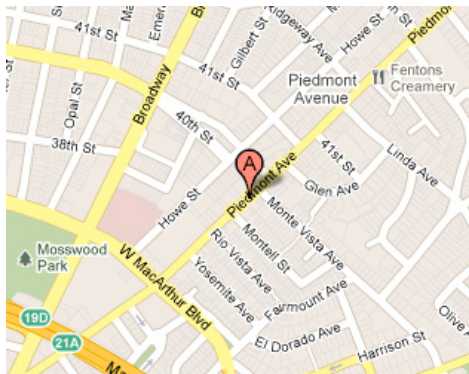
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When and Where?

Saturday, April 30, 2011
5:00pm - 6:30pm

Piedmont Yoga Studio
3966 Piedmont Avenue
Oakland, CA 94611



[View Larger Map/Directions»](#)

How do I Register?

REGISTER ONLINE

or call 510.832.2663

Not interested in this event?

[Read our bone tips](#)

EVENT DETAILS

American Bone Health partners with the [Piedmont Yoga Community](#) for this bone safe yoga event with certified instructors teaching safe yoga postures.



Have fun and learn!

- How yoga and nutrition help your bones
- Yoga postures to avoid if you have osteoporosis or low bone mass
- How to modify common poses for a safe practice
- Answers from experts to your questions on bone health and various treatments

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