

AEGIS LIVING INVITES YOU TO JOIN OUR

American Bone Health Webinar Series

Join Aegis Living and American Bone Health for this informative webinar series presented by Physical Therapist Jaimie Colonna, MSPT.



JULY 13TH | 11:30 AM - 12:30 PM

Session 1: Freedom From Fractures™

In this session, Jamie will discuss how an unexpected fall can lead to a fracture, which can impact an older adult's independence. She'll help you understand your fracture risk and the next steps to take for better bone health.

JULY 20TH | 11:30 AM - 12:30 PM

Session 2: Posture Power™

In this session, Jamie will discuss how postural changes affect our bones and body as we age. She'll cover the importance of posture and body mechanics to prevent falls and fractures, as well as give you quick techniques for safe movement.



Jaimie Colonna, MSPT

The host of our webinar series is Physical Therapist Jaimie Colonna, MSPT. She currently practices Physical Therapy at MossRehab, one of the largest providers of physical medicine and rehabilitation in the Philadelphia region. MossRehab has been recognized by U.S. News & World Report as one of "America's Best" rehabilitation hospitals for more than 20 years.

CLICK THE LINK TO

RSVP

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[RSVP FOR SESSION 2](#)

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