

# Are You Fit to a T?

**Do you know your blood pressure?  
Your weight? Cholesterol? *T-Score?***

That's right, T-score. If you had to think twice about what a T-score is, (and no, it's not a golf term), chances are you're not alone.

It's all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 - knowing that your bones won't let you down - here's what you need to know.



## FREE – OPEN TO THE PUBLIC

### WHAT

Bone Health & Osteoporosis Education Program  
for Men & Women Of All Ages

### SPEAKERS

A.J. Benham, NP & Kathleen Geier, NP

### WHEN

1-2 p.m., the First Friday of Every Month

### WHERE

Jackson Orthopaedic Foundation  
3317 Elm Street, Suite 201  
Oakland, CA

### RSVP

Phone (510) 238-4851

In Association with



Fit to a T™