

Rebuilding Bones Workshop

An Eastern Approach

Join Christi Gleason on
Tuesday, 01/30 10:30-Noon

Western medicine has been successful in developing medications to deal with Bone density issues such as Osteoporosis and Osteopenia, but very often, medications are just putting a hard shell around rotting bone. While this works as a Band-aid in preventing fractures, it does not get to the root cause of the problem--deteriorating bone. Therefore, bone continues to rot under that hard shell and it is only a matter of time until a fracture occurs.

Eastern tradition instead addresses the root cause of Bone deterioration and works with the body's natural ability to heal itself. This can be done through exercise yielding energy movement, which opens up the body's channels and allows healthy bone to replace unhealthy bone. This technique taught by Qigong masters have resulted in successful reversal of Osteoporosis and Osteopenia.

This workshop will introduce Eastern methods of dealing with bone degeneration and send you home with exercises you can do daily to work on improving your bone density and reversing Osteoporosis.

Presented by veteran fitness expert, Christi Gleason. Residents only.

Free, but is [REGISTRATION](#) required by 01/28.

