

# 12 Days of Wellness

# **STRONGER BONES**

**Monday, December 10 • 10:00-10:45am**



## **WITH SEAN HUNT**

Peak bone mass (or bone density) is reached around age 30. After age 30, bone resorption slowly begins to exceed new bone formation. This leads to bone loss. Bone loss in women occurs fastest in the first few years after menopause, but bone loss continues into old age.

**There are natural ways to build healthy bones one of the top natural ways being exercise. Join Sean Hunt to learn bone building exercises.**

**FREE**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)  
*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

THE  
SWIMMING  
HOLE