

Community

With Juneau
Cooperative
Extension
Service

Classes

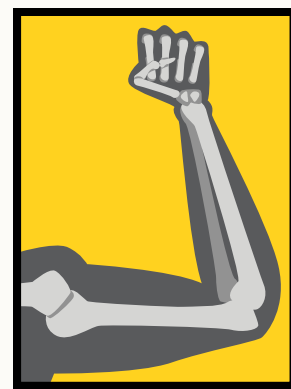


Bone Health is Non-negotiable

Bone density decreases as you age, increasing the risk of broken bones and frailty. Join us to learn about eating and exercising to maintain bone density and improve balance. It's never too early, or late, in life to improve your bone health!

Register Here:

limited to 25
participants
ages 14+



Sarah Lewis (UAF Cooperative Extension, Juneau District) travels and teaches throughout Southeast Alaska with the goal of increasing the resilience of families utilizing household and community resources.

Questions? Contact 907-586-0442 or Elizabeth.Pisel-Davis@juneau.org

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