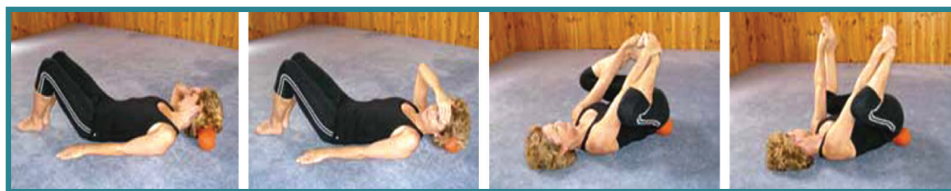

BONES FOR LIFE

Exercises to Prevent Bone Loss



BONES FOR LIFE teaches natural ways to rebuild your skeleton, which stops pain and helps regain your balance. Notice ease of movement, improved posture and relaxation changes after the first class or receive a full refund. Each class has 4 sessions in a month. This is an excellent class for anyone from athletes to seniors.

Have Osteoporosis or want to prevent It?

Afraid of falling and breaking a bone because you are off-balance?

Bodies compensate for injuries throughout life and changes how we sit, walk and move. Our habits create unneeded tension and imbalance. This class will allow you to relearn how you moved earlier in life.

2023 Classes / Tuesday 10-11am

Sep. 5, 12, 19, 26 | Oct. 3, 10, 17, 24, 31 | Nov. 7, 14, 28

Location: Hesse Park, 29301 Hawthorne Blvd., Rancho Palos Verdes

\$60/Class or \$20/Single session. Cash or check to Move to Health.

Wear comfortable clothes; bring 2 bath towels and a blanket or quilt used by moving companies.

“I have decreased the pain and improved the mobility in my shoulder that I lost as a result of injuries caused by whiplash and repetitive motion injuries suffered while working 30 years as a flight attendant.”

– Dale T.

“I have experienced greater mobility, increased flexibility and better posture. After one of the classes, I had to adjust my car’s rearview mirror since I was sitting much taller in the car seat.”

– Oma M.

“Before starting these classes, I was afraid of falling and breaking my hip. Now I feel more secure and my posture has improved tremendously. it is so much easier to get up and down (from the floor)”

– Evelyn P.



SACHIYE NAKANO, MA from UCLA, GCFP®, Adv CBP, Certified Bones for Life Teacher, Professor of Dance, Health and Physical Education for 33 years at LA Harbor College and UC Davis. She has 30 years of experience with Feldenkrais, Cranial Sacral, Body Talk, osteopathy and nutritional counseling. Her clients include seniors, athletes, dancers, children and victims of physical trauma.

movetohealth.net • movetohealth@gmail.com • 310.684.2412