Nutrition for Bone Health

WHEN: Tuesday, October 13th @ 11 a.m.

WHAT: Join Nutrition student Lisa Nguyen for a lecture on proper nutrition for maintaining bone mineral density

WHERE: The Learning Center @ the LifeFit Center (KIN 106A)

Bone mineral density plays a key role in the development of osteoporosis and the risk of bone fractures. Learn about how to nourish your bones to move more and live longer!

If you have additional questions, please contact Emily Sopo at (562) 985-2087 or emily.sopo@csulb.edu

“Move More. Live Longer.”