

TheraPilates® for Osteoporosis

with Sherri Betz, PT



Join us for a 2-day lecture and lab course designed to prepare the clinician or Pilates teacher in assessment and program design in physical therapy private Pilates sessions or group classes for the osteoporotic or osteopenic client.



Topics addressed will be:

- Osteoporosis vs. Osteopenia
- Frax Risk Calculator
- Bone Densitometry
- T-score and Z-scores
- Latest Exercise Research
- Exercise Progressions
- Fracture Prevention Tips
- Contraindicated Exercises

Santa Cruz, CA • Mar 13 - 14, 2010
San Francisco, CA • Jul 17-18, 2010
Manhattan, NY • Jan 15-16, 2011

Register: 831.476.3100 or www.therapilates.com

REGISTRATION:

THERAPILATES® FOR OSTEOPOROSIS

920-A 41st Avenue
Santa Cruz, CA 95062

TheraPilates®
Sherri Betz, PT
920-A 41st Ave.
Santa Cruz, CA 95062
831-476-3100
Email:
Sherri@TheraPilates.com

Date of Course: _____

Location: _____

Please print clearly all necessary information. Make a copy of this registration form for your records and return the entire completed registration form and your payment to TheraPilates at the address below. Thank you.

Name: _____

Organization: _____

Address: _____

Address Line 2: _____

City: _____

State/Province: _____ Zip/Postal Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Best Time To Call: _____

Fax: _____

Email: _____

MC/Visa/Amex # _____ Exp. Date: _____



Refund Policy: You may cancel your registration up to 14 days before the course. Your tuition will be refunded less a \$50 processing fee. No refunds will be made for cancellations after the 14 day registration deadline. Remaining fees can be applied to a future course. All refunds are subject to a \$50 administrative fee. If the course is cancelled for any reason all of your registration fees will be refunded.

**For registration, directions, hotels
and information contact**

Sherri Betz, PT

(888) 229-5334 Toll Free

or email:

Sherri@TheraPilates.com

*For Early Bird Registration send
payment of \$450 postmarked by
30 Days in Advance*

Registrations after 30 day deadline
send payment of \$495

3 Ways to Register:

1. Online at
www.TheraPilates.com
2. Mail: Make a copy of this form
for your records and mail this
form with your check or money
order payable to:
TheraPilates®
920-A 41st Ave.
Santa Cruz, CA 95062
3. Phone: Call 888-229-5334 to
register by phone and charge with
Visa/Mastercard/American Express