

Join us for a  
**FREE** lecture!

# Nutrition for Healthy Bones



Wednesday  
March 8, 2017

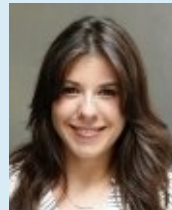
5:45–6:45 pm

HSS Stamford Outpatient Center  
1 Blachley Road  
Stamford, CT

Nutrition plays a role in keeping our bones healthy at all stages of life. We know how important Calcium and Vitamin D are, but are there other nutrients we should focus on as well?

## THIS LECTURE WILL COVER

- Nutrient rich foods to incorporate into your daily diet that will help you build and maintain healthy bones



## SPEAKER

**Dana Pitman, MS, RD, CDN**

Clinical Nutritionist  
Hospital for Special Surgery

To register or for more information, please contact  
**Pamela Villagomez at 203.705.2956 or email at [villagomezp@hss.edu](mailto:villagomezp@hss.edu).**

**Space is limited, register early!**