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EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
**Thursday at 8 AM Pacific**  
**September 21st 2017: Increasing Bone Density**  
**with Deb McFarland**

Osteoporosis is a major health concern for women and men over the age of 50. Worldwide, as a result of osteoporosis, 1 in 3 women over age 50 will experience fractures, as will 1 in 5 men over age 50. Approximately 20% of those who have a hip fracture die within the first year, 40% never walk independently and 33% need a nursing home. Until recently there have been no good solutions for building bone density. Now we have OsteoStrong. In less than 10 minutes per week, you can rebuild bone density with their special exercises that strengthen your skeletal system. Additional benefits are improved

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## Featured Guest



### Deb McFarland

Deb McFarland is the owner of OsteoStrong of Carrollton, a wellness center providing a science backed, completely natural solution for improving bone density, strength, balance and posture.

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