



SATURDAY  
**MAR**  
**30**

# UW KINNECTION

## Do you have osteoarthritis or osteoporosis?



*At KINnection, you attend a free two-hour, one-on-one session with a kinesiology student at the University of Waterloo. They will assess some aspects of your physical function, including posture, flexibility, strength and balance, and teach you some new exercises.*

*If you have attended in the past, we can progress your exercises or teach you new ones. You will receive your results and a booklet on exercise from Osteoporosis Canada.*

This event is hosted by the Department of Kinesiology and the Centre for Community, Clinical and Applied Research Excellence (CCCARE) at the University of Waterloo, in partnership with the Osteoporosis Canada and the A.R. Kaufman YMCA.

This event is **FREE**. Registration is required. Limited spots are available.

Attending KINnection does not replace consultation with a health care provider or certified exercise professional.

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### WHEN

March 30, 2019  
Choose a two-hour session  
8:00 a.m. - 5:30 p.m.

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### WHERE

Toby Jenkins Applied Health  
Research Building  
University of Waterloo

**Register today**

[uwaterloo.ca/cccare/uwkinnection](http://uwaterloo.ca/cccare/uwkinnection)



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