



Fit to a T<sup>®</sup>

# Are you Fit to a T?

Do you know your...

Blood pressure?

Cholesterol level?

Weight?

**T-score?**

That's right, T-score. If you had to think twice about what a T-score is, and no, it's not a golf term; chances are you're not alone.

It's all about your bones. If you want to shop 'til you drop, golf 'til your legs ache and line dance 'til you're 84 – knowing that your bones won't let you down – here's what you need to know.

**FREE – OPEN TO THE PUBLIC**

**WHAT:** *Fit to a T* bone health and osteoporosis education program, for men and women of all ages

**SPEAKER:** Jane Doe, MD or qualified Health Care Professional Clinic

**WHEN:** Day, Date, and Time

**WHERE:** Your location name and address

Bone  
*and* Joint  
Initiative  
USA

Your Logo Here

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