



  
**Empire**  
Health & Wellness Center  
*Personalized Fitness & Physical Therapy*

## Exercise & Osteoporosis Seminar



**Presented by Brendan Sullivan, PT, CSCS & Staff**  
**Wednesday, February 24, 2010 at 7:00—7:45 p.m.**  
**8 Century Hill Drive, Suite 201 in Latham**

**RSVP Today at 690-4406 by February 17th!**