

Bones-N-Balance Presents:

The **B.O.N.E.S.** *SERIES*

SESSION FOUR



The Power of E.

Education | Empowerment | Energy

“Feel It In My Bones” Movement Series



**BLACK
PHYSICIANS
& HEALTHCARE
NETWORK**



MONTGOMERY COUNTY
Recreation



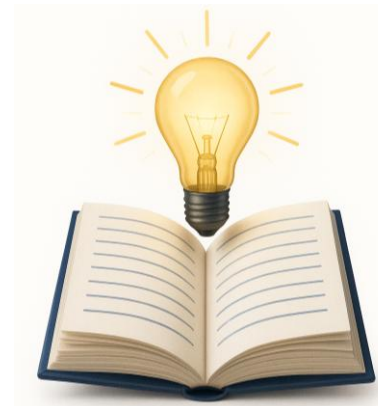
natural rhythms
health and wellness


**African American
Health Program**
Aging Subcommittee

Session Overview

The **B.O.N.E.S.** SERIES
SESSION FOUR

EDUPLICATION



EMPOWERMENT



ENERGY

Why these three E's matter for your bones and your life

EDUCATION

The **BONES** SERIES
SESSION FOUR

Knowledge is Power.

- Understanding your bones: structure, strength, and risk
- Osteoporosis facts (esp. for Black communities)
- How calcium, vitamin D, and movement work together
- Sitting weakens bones – Did you know?
- Learning the difference between bone mass and bone strength



“When we know better, we move better.”

EMPOWERMENT

The **B.O.N.E.S.** SERIES
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Taking Charge of Your Wellness

- Small steps make a big difference
- You are your best advocate
- **Bone Health Assessments:** know your numbers

Try this: Stand Tall, Breathe Deep, Move Daily

Tools that Help: Reflexology, Balance Tests, Family Awareness



“Empowerment is movement with intention.”

ENERGY

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Your Movement = Your Medicine

- **Energy is life force.** It fuels bones, brains, and balance
- **Movement builds** stamina, strength, and confidence
- Dancing, walking, posture work = **ENERGY IN MOTION**
- **Feeling sluggish?** Check your posture, hydration, and mindset
- **Reflexology boosts circulation** – feel the spark



“Bones store energy. Let’s ignite it.”

Movement Moment

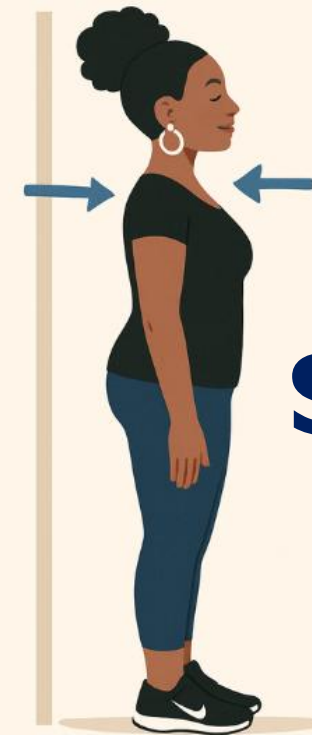
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– Feel the Energy



Clock Reach

(Bone builder + Energy booster)



**Stand Tall,
Shift Weight,
Breathe**

(Empower your stance)

Call to Action

- Take one action today for your bones
- Share one thing you've learned
- Invite one person to join the movement



**“When we move together,
we grow stronger together.”**

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THANK YOU!



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