

**Thursday, June 12**

- The Backbone of Aging Well: Everything you should know about osteoporosis - 3:00pm

**Thursday, June 26**

- Will Iron Give Me More Energy? Learn About Anemia, Iron, and Fatigue. - 6:00pm
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**The Backbone of Aging Well: Everything you should know about osteoporosis**

**Time:** 3:00pm

Join us for a Bone Health Awareness Session featuring specialists working together to support your bone health.

This collaborative event will include brief presentations and open Q&A with experts from:

- Advanced Orthopedics
- Chiropractic Care
- Physical Therapy
- Athletic Training
- Nutrition & Dietetics

Gain valuable insights into maintaining strong bones, preventing injury and exploring treatment options, directly from the professionals who specialize in every stage of care.

***Stay informed. Stay strong. Support your bone health!***



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***Stay informed. Stay strong.  
Support your bone health!***

Presented by UP Health System &  
the City of Marquette Senior Center

***Thursday, June 12  
at 3:00 pm***

***Marquette Senior Center  
300 W Spring St, Marquette***

**Free and open to the public  
– all ages welcome.**

**Will Iron Give Me More Energy? Learn About Anemia, Iron, and Fatigue.**

**Time:** 6:00pm

An educational event centered around the role iron plays in our overall health.

Registration is free. Dinner will be provided.



## WILL IRON GIVE ME MORE ENERGY?

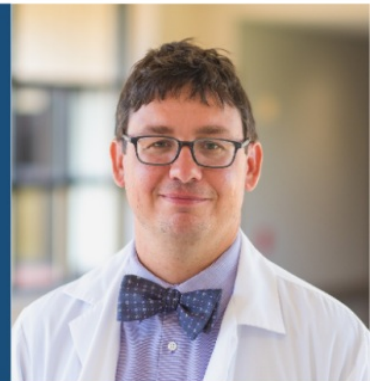
Learn about anemia, iron and fatigue

**Thursday, June 26 | 6 PM**

Bonfire at Continental Fire Co.  
408 E. Montezuma Ave., Houghton, MI

Join us for dinner as **Oncologist & Hematologist Charles Goodwin, MD, PhD**, addresses anemia and iron deficiency—the causes, symptoms, treatment and how to ward off fatigue.

**Registered Dietitian Nutritionist Anna Francois, RDN**, will also talk about iron in relation to nutrition.



**JOIN US FOR THIS FREE EVENT. SPACE IS LIMITED.**

Register at [UPHealthSystem.com/event/669](https://UPHealthSystem.com/event/669)

