



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

KINESIOLOGY.USASK.CA

Research participants needed for a research study on the effects of Nordic walking on mobility, physical function, and quality of life

We are looking for ambulatory men and women with at least one of the following: osteoporosis, history of vertebral fracture, or hyperkyphosis.

The Nordic walking program will involve 3 times/week for 3 months

If interested, please contact:

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Study Coordinator

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OR

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