

## Media

Alexis Lignos  
201-641-1911 (52)  
[alexis@f4cp.com](mailto:alexis@f4cp.com)



## FOR IMMEDIATE RELEASE

### **F4CP Highlights Valuable Role of Chiropractic Care in the Management of Osteoporosis, Don't Miss "Stronger Bones, Longer Life," Airing June 4<sup>th</sup> – 12<sup>th</sup> with Lani Simpson, DC, CCD** *May Marks National Osteoporosis Month*

**HASBROUCK HEIGHTS, NJ – May 26, 2016** – The [Foundation for Chiropractic Progress](#) (F4CP), the voice of the chiropractic profession, is collaborating with Lani Simpson, DC, CCD, to raise awareness about the importance of healthy living and how to diagnose, prevent and assess the management of osteoporosis among individuals of all ages and demographics. Dr. Simpson will host the upcoming PBS Special "Stronger Bones, Longer Life," airing June 4<sup>th</sup>-12<sup>th</sup>, where she will provide viewers with information and guidance on maintaining good bone health. Check local listings to confirm when the special will air in your area, and click [here](#) to watch a preview.

"According to the [National Osteoporosis Foundation](#), 100 million individuals worldwide are affected by osteoporosis, a neuromusculoskeletal disease that decreases bone mass, increases porosity and can weaken the structural support of the spine," explains Sherry McAllister, DC, executive vice president, F4CP, a not-for-profit organization dedicated to educating the public about the value of chiropractic care. "Doctors of chiropractic (DCs) – who receive a minimum of seven years of higher level education – specialize in the hands-on diagnosis and management of acute and chronic neuromusculoskeletal conditions, including osteoporosis and good bone health."

"Stronger Bones, Longer Life" is the first national PBS special to air about bone health. Dr. Simpson will address the definition of osteoporosis, how to diagnose the disease and when to get tested. Additionally, Dr. Simpson will offer millions of viewers with optimal exercise, diet and nutrition tips to help keep their bones in tip-top shape.

Experts at the F4CP suggest consulting a doctor of chiropractic to discuss an appropriate care plan that can help to manage pain and optimize overall health and well-being. To find a DC in your local area, visit: [www.f4cp.com/findaDoctor](http://www.f4cp.com/findaDoctor).

## **About Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) informs and educates the general public about the value of chiropractic care. Visit [www.f4cp.com](http://www.f4cp.com) or call [866-901-F4CP](tel:866-901-F4CP) (3427). Social media: [Facebook](#), [Twitter](#), [LinkedIn](#), [Pinterest](#), [YouTube](#).

###