

Running and Osteoporosis

The Inter-Lebanon Road Running & Athletics Club is a non-profit organization for runners supervised by the Lebanese Ministry of Youth and Sport and affiliated to the Lebanese Athletics Federation.

The organizers are planning a conference on Saturday, 17 April 2010 at 4 PM at Riviera Hotel Beirut. Our main speaker is Bahrain's number one fitness guru, Myrna Saliba, originally from Becharré. Ten years ago, at the age of 43, Myrna was diagnosed with osteoporosis. She will talk about how she turned her life around, when others may have given up hope.

Myrna is now a certified running coach, personal fitness trainer, wellness coach and public speaker, as well as holding a master's degree in Physical Education. She has run 19 marathons, one ultra-marathon, six half-marathons, and completed one iron man competition. You can read her story on <http://www.rralebanon.org/content/myrnas-battle>.

On Sunday, 18 April, Myrna will be running in the 4th edition of the Al Bayroutya women's 5K race. Details are on <http://www.rralebanon.org/content/al-bayroutya-5k-womens-race-sunday-18-april-lets-rockkkkk>.

The organizers would be grateful if you would circulate the information about both events to members of your society, who are warmly invited to join us for the conference and the 5K women's race. You are also more than welcome to propose a speaker from your organisation to speak about osteoporosis at the conference.