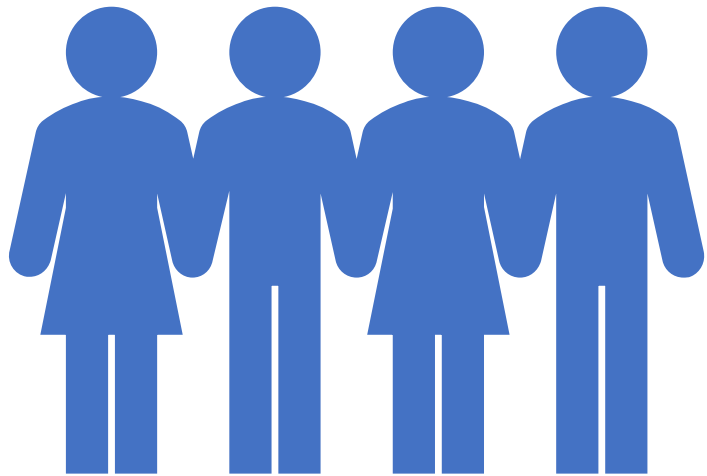


A background image showing a group of business professionals in an office setting. A man in a dark suit and tie is on the left, gesturing with his hands. A woman in a grey blazer is in the center, holding a smartphone. Another person is on the right, partially visible. In the foreground, a tablet displays a document with charts and text. A white coffee cup is also visible.

Rapid City Cosmopolitan Meeting Mingle Monday December 4, 2023- OsteoStrong Wellness Center



Rapid City
Cosmopolitan Club
Mingle Monday
December 4. 2023

OsteoStrong Wellness Center





0

OsteoStrong · 7 years ago
Images may be subject to copyright



of RAPID CITY, SD

No physical exercise is 100% safe, and neither is OsteoStrong. OsteoStrong provides a unique way to emulate a high impact load of force to achieve osteogenic loading, without the high impact. While not 100% safe, OsteoStrong is significantly safer than attempting high impact force. OsteoStrong members have reported improved bone density, improved balance, improved strength, reduced joint pain, and reduced HbA1c.



0

OsteoStrong · 7 years ago
Images may be subject to copyright



of RAPID CITY, SD

Results may vary. Consult your physician. Statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. OsteoStrong centers are independently owned and operated. OsteoStrong's Science Advisor received his PhD from Rushmore University, certified/accredited in accordance with UK National Standards, but whose accreditation is not recognized in some jurisdictions.

Osteo Strong Owners

Herb Ebel



Shelley Ebel

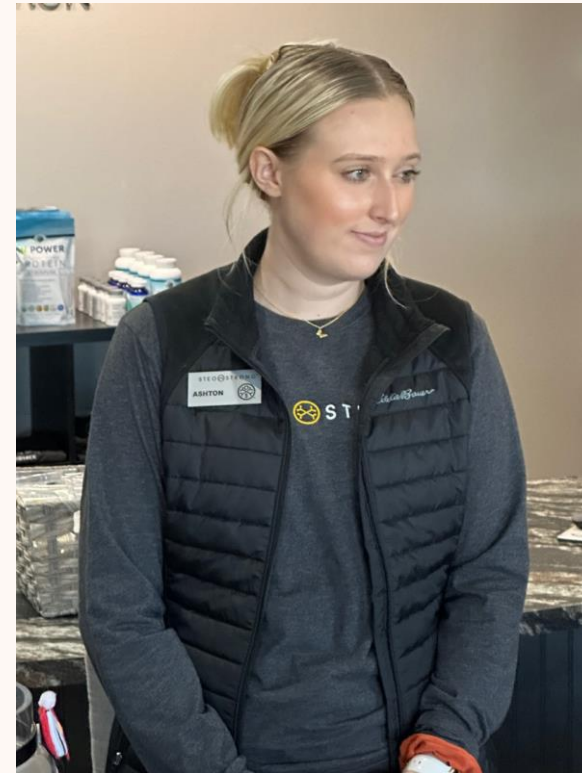


Osteo Strong Employees

ILZE



ASHTON



Herb Ebel talked to the Members about how Osteo Strong was started and how it benefits the body and bones.



OSTEO STRONG

THE ULTIMATE BIOHACK



BONES STRENGTH BALANCE



11:29:39

OSTEO STRONG

THE ULTIMATE BIOHACK







OSTEO STRONG

THE ULTIMATE BIOHACK





BONES STRENGTH BALANCE



OSTEO
FREEDOM
is...
Health
Strength
#STRO





BETTER WATER,
BETTER BALANCE,
BETTER HEALTH.

OSTEOSTRONG®

BONE DENSITY INCREASE!!

I have been a member at OsteoStrong for about a year. I have already had an increase of 4.3% in my hip!

The entire staff is awesome. I love OsteoStrong!

60 years old & still 20
4/10/2018

make today *AMAZING*



BONE DENSITY INCREASE!!

I have been a member at OsteoStrong for 2 years and my DXA scan and it showed an increase of 4.1% in my spine and hip! I love being able to reverse my bone density the natural way!



SIMPSON
LAW FIRM P.C.

theRapidCity



OSTEOSTRONG®

Testimonial: Dr. [Name]

BONE DENSITY INCREASE!

Strong is a great program that is
keeping my bone loss naturally
at the side of medication. My
DEXA scan showed an increase of
my hip and 3.5% in my spine.
(TestStrong)

Angie Taylor



STRONG

THE ULTIMATE BACKPACK FOR ALL AGES

...a member at OsteoStrong since
19. I was diagnosed with ...
...as time to join OsteoStrong ...
...noticed that my gait is ...
...nt pain at all! I used to ...
...because of the pain, and ...
...g I don't have to do th ...
...upcoming DXA ...
...about the pro

MERRY Christmas

good for the soul



make today Amazing





EMPLOYEES
ONLY



MERRY CHRISTMAS

NANCY
TRAUTMAN



AGILITY
LL GAIN FREEDOM
NG BALANCE

IF YOU THINK

#DAKOTASTRONG

Biohacking / biohacking
The art and science of
becoming super human.

STRONG.
UNG.

12:15



Shelley Ebel shows the
Members how the Equipment
Operates.





OSTEOSTRONG

Total Sessions

332

Overall Gains

+65%

Upper GT Gains

+107%

MOBs

6.52

Force

782lb



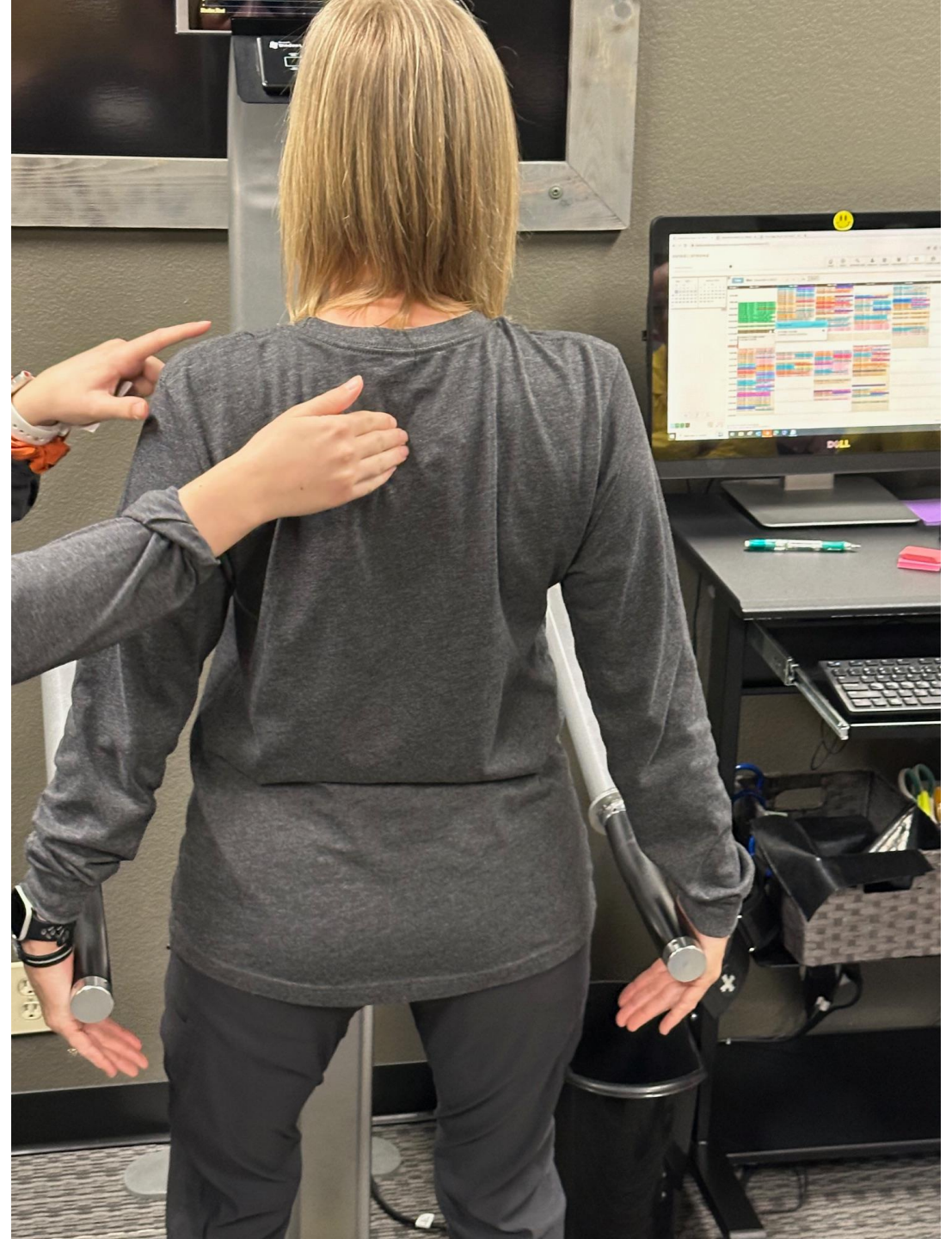
Shelley Ebel shows the
Members how the Equipment
Operates.



Shelley Ebel shows the Members how the Equipment Operates.



Shelley Ebel shows the
Members how the Equipment
Operates.



Ashton shows the Members
how the Equipment Operates.

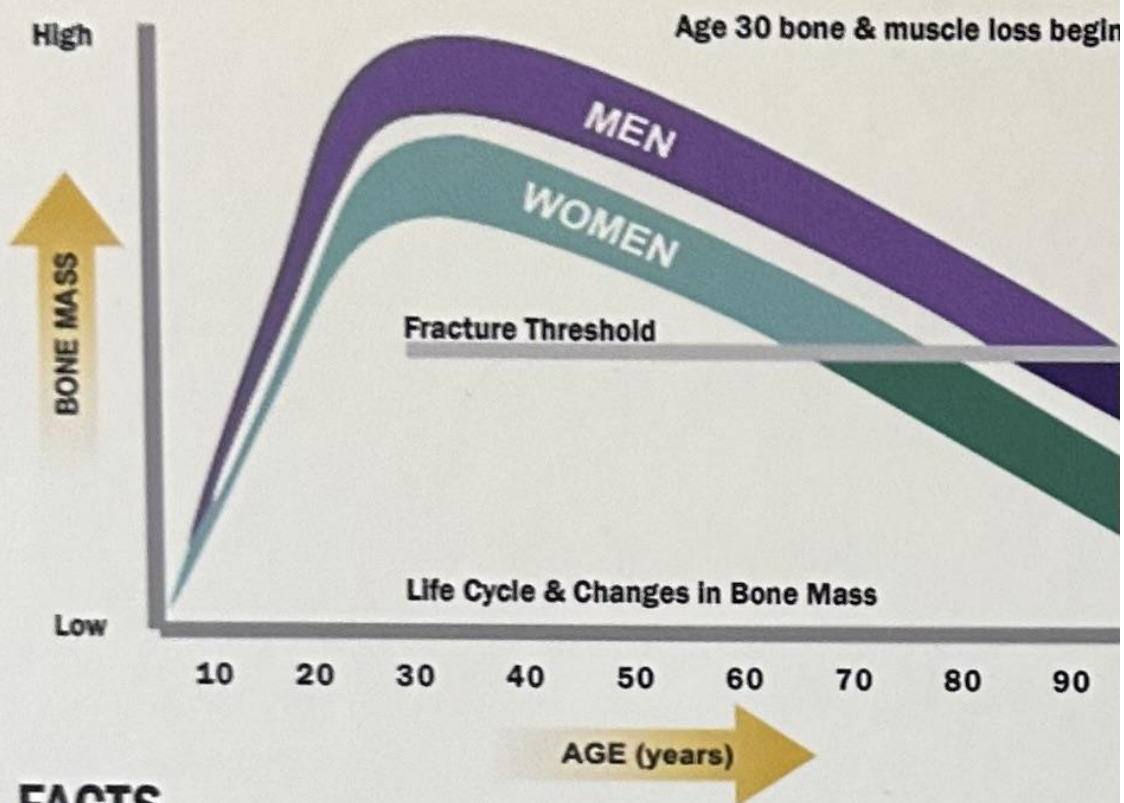


Ashton shows the Members
how the Equipment Operates.





LIFECYCLE OF BONE & MUSCLE



FACTS

50% of women break bones after age 50
30% of men break bones after age 50



SYMPTOMS OF LOSS BONE & MUSCLE

30 year
old bone



50 year
old bone



Normal Spine



Osteoarthritic Spine



Back Pain

Joint Pain

Loss of Flexibility

Loss of Joint Motion

Nerve Damage

Loss of Reaction Time

Change in Posture

Decreased Balance

Loss of Strength

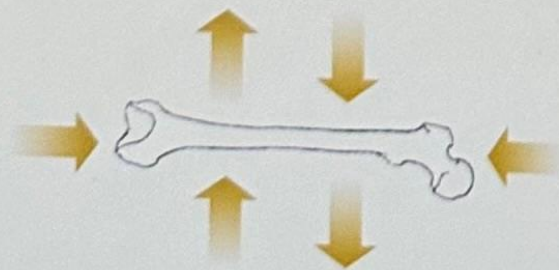


WOLFF'S LAW STRONGER BONES

Still taught in medical schools around the world today, Dr. Julius Wolff discovered what makes bones naturally increase in strength.

Wolff's Law

In essence, states that when sufficient pressure is placed on bones over time, they will reform themselves and become stronger naturally.

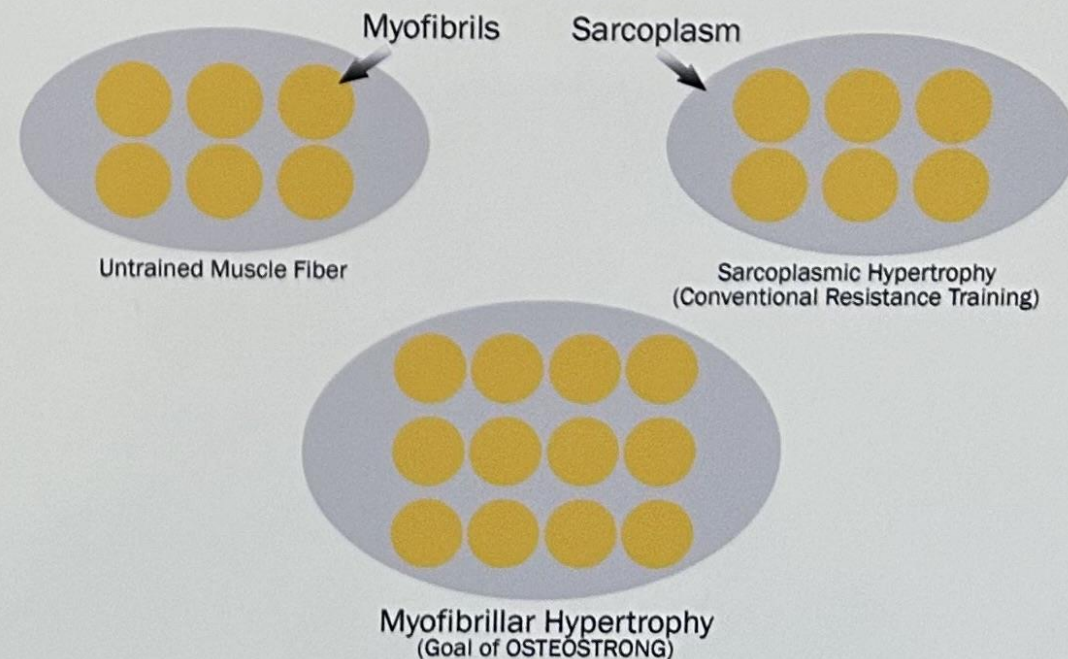


OSTEOSTRONG delivers a safe and effective loading system based on this principle.



OSTEOGENIC LOADING STRONGER MUSCLES

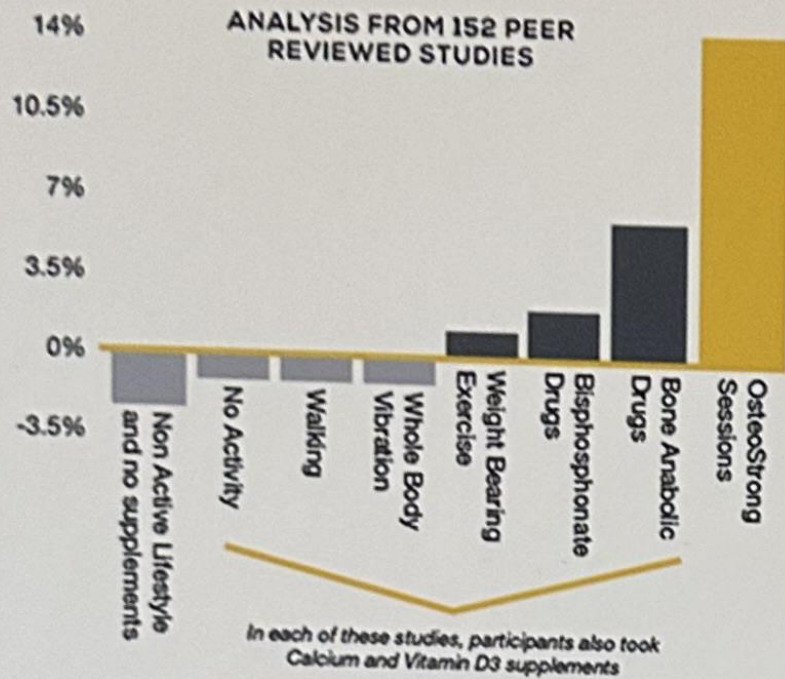
A quicker, more effective way to increase strength without fatigue and soreness.





BONE DENSITY RESEARCH

BONE DENSITY IMPROVEMENT COMPARISON: CHANGES IN BONE DENSITY AFTER 12 MONTHS

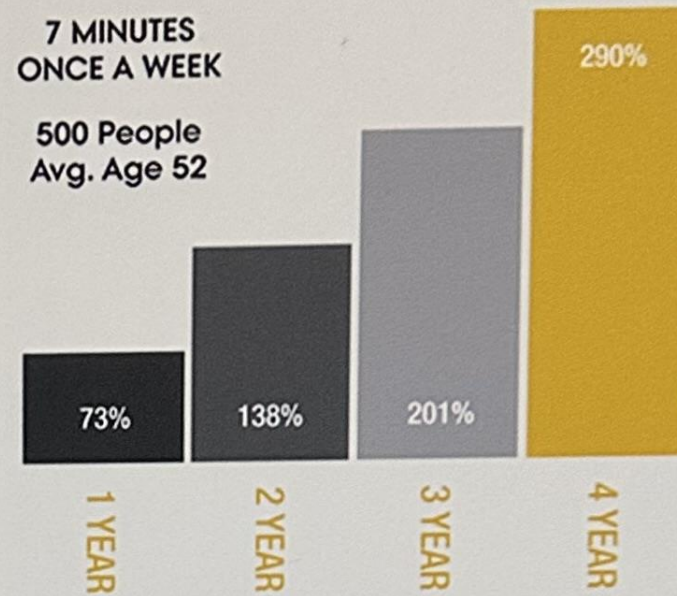


STRENGTH GAIN CASE STUDY

STRENGTH GAIN CASE STUDY

7 MINUTES
ONCE A WEEK

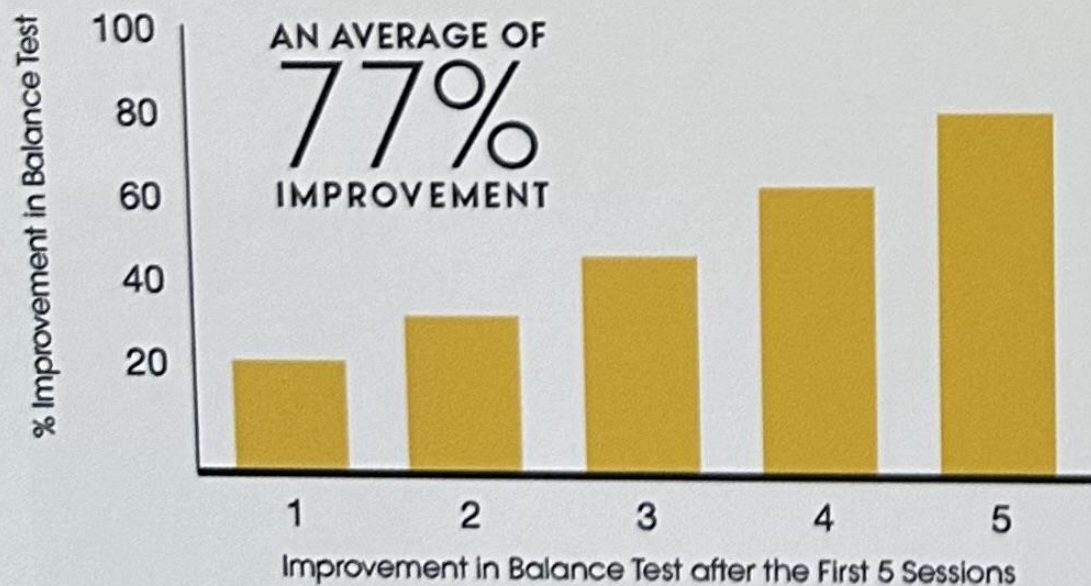
500 People
Avg. Age 52





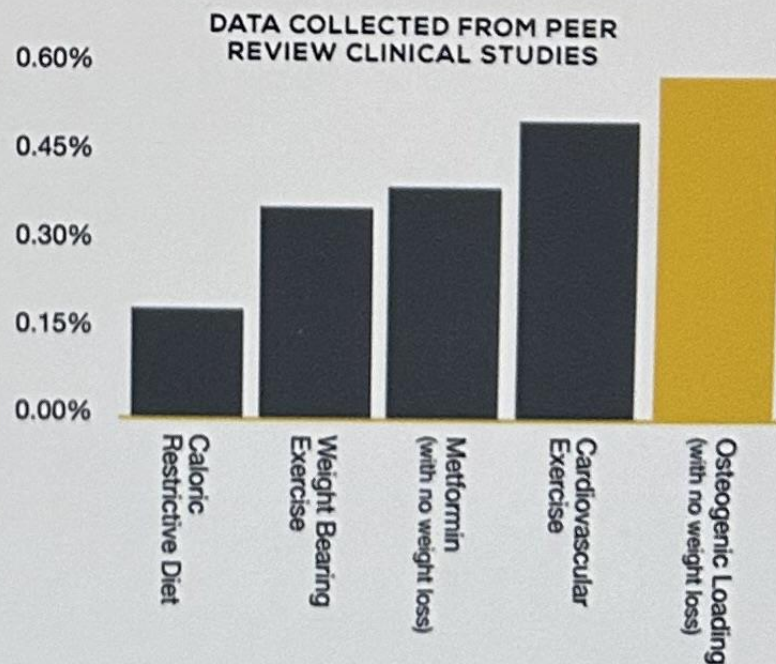
BALANCE CASE REPORT

BALANCE CASE REPORT



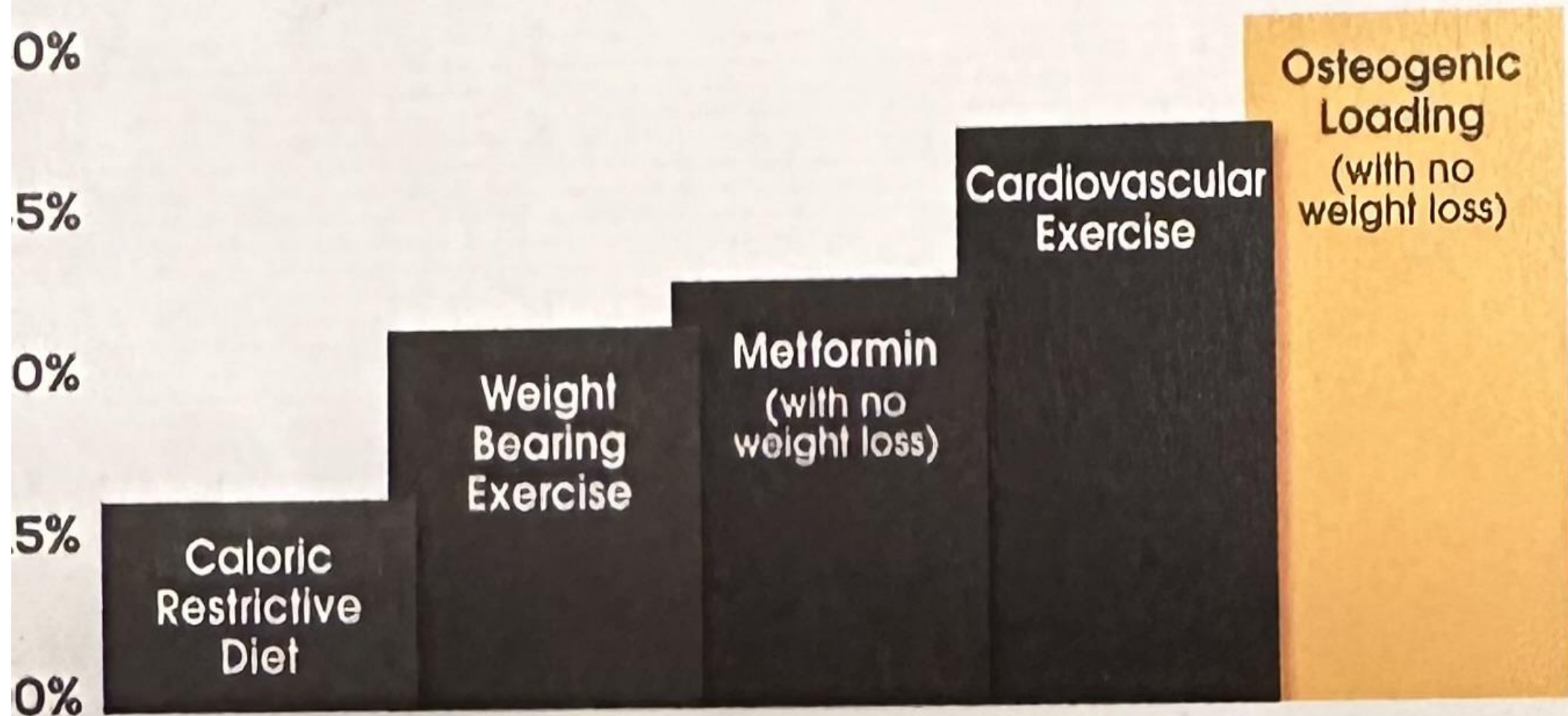
TYPE 2 DIABETES RESEARCH

% REDUCTION IN A1C (LONG-TERM BLOOD GLUCOSE)



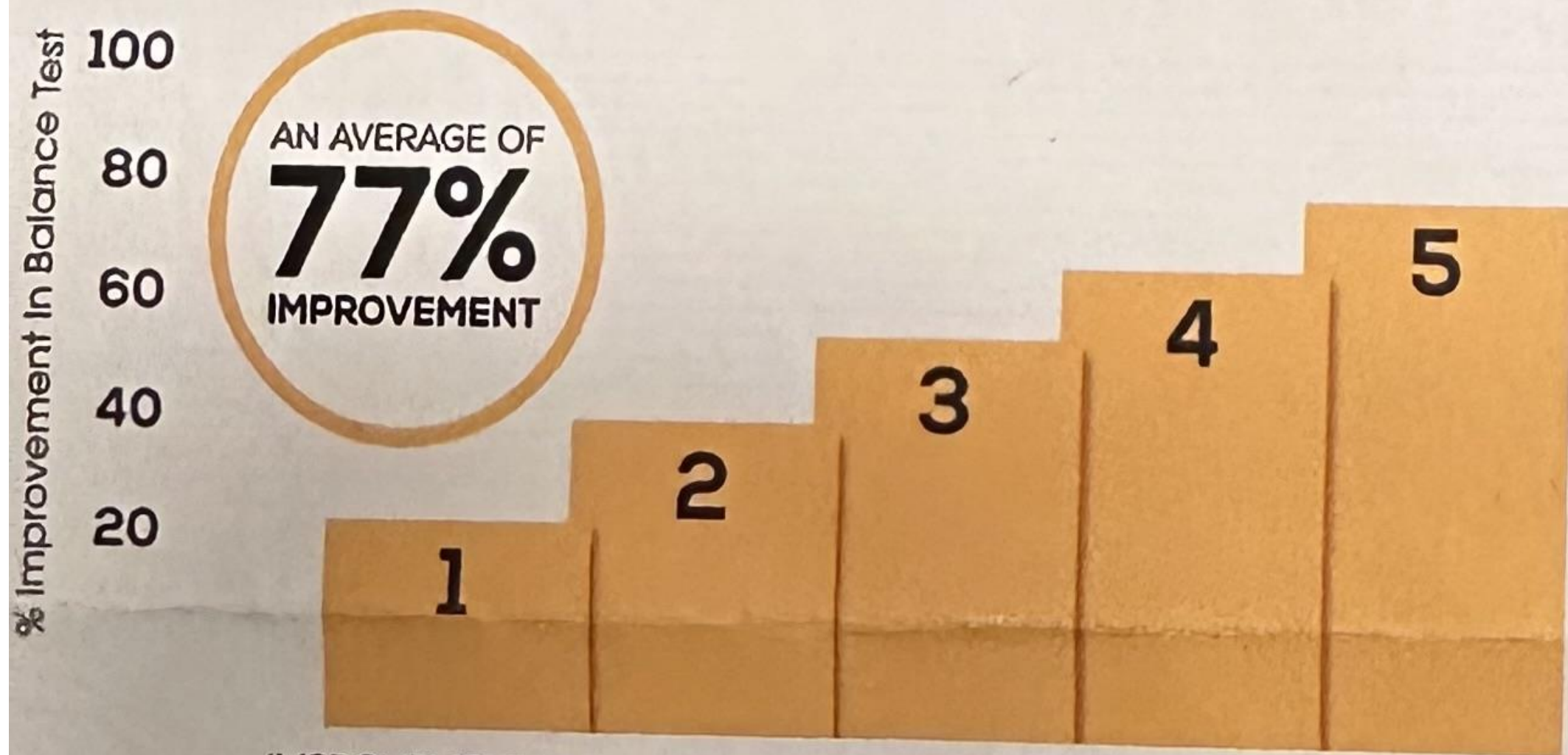
TYPE 2 DIABETES RESEARCH

% REDUCTION IN A1C (LONG-TERM BLOOD GLUCOSE)



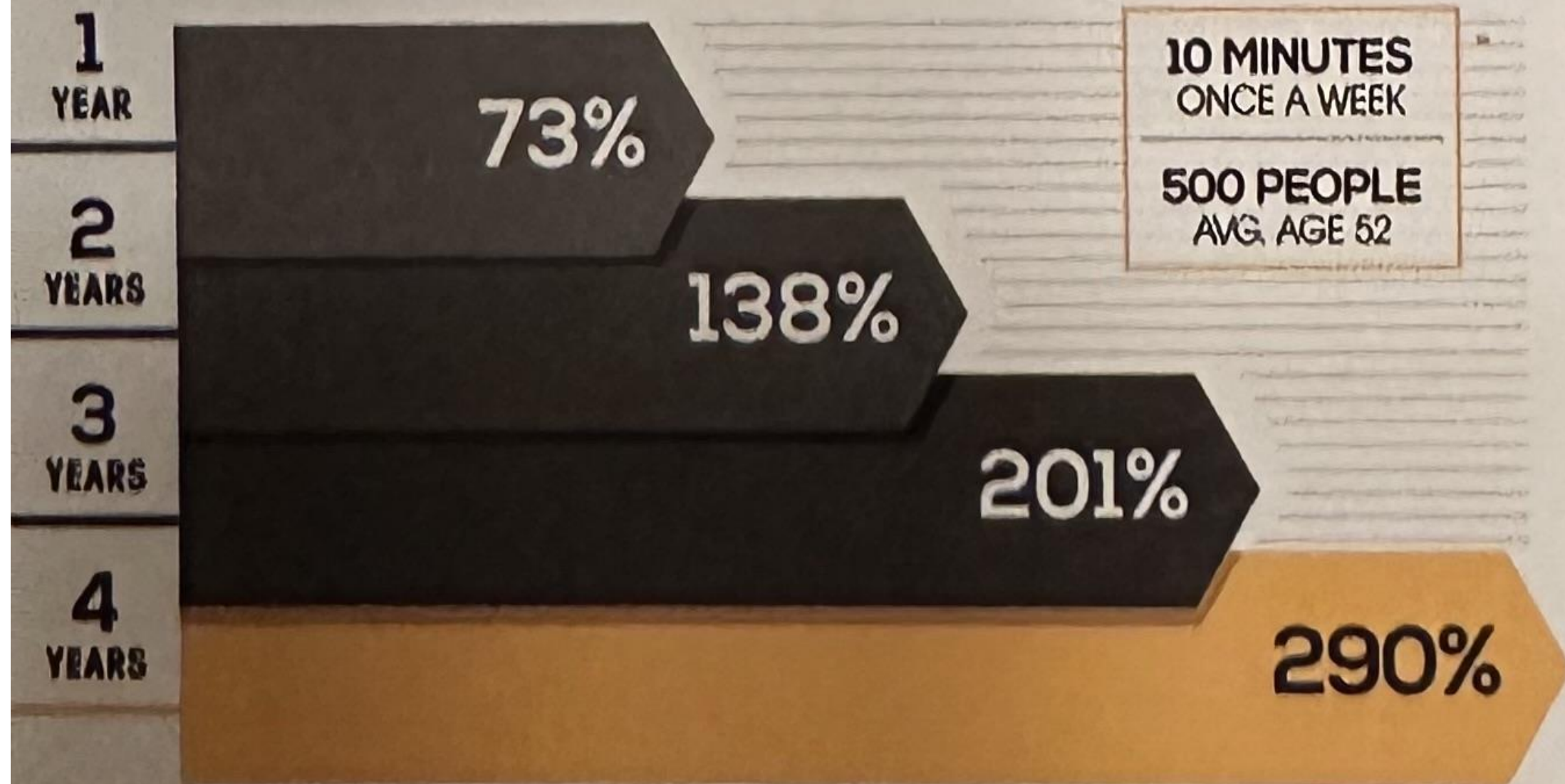
DATA COLLECTED FROM PEER REVIEWED CLINICAL STUDIES

BALANCE CASE STUDY RESULTS



IMPROVEMENT IN BALANCE TEST AFTER THE FIRST 5 SESSIONS

STRENGTH GAIN ANALYSIS





RED LIGHT THERAPY



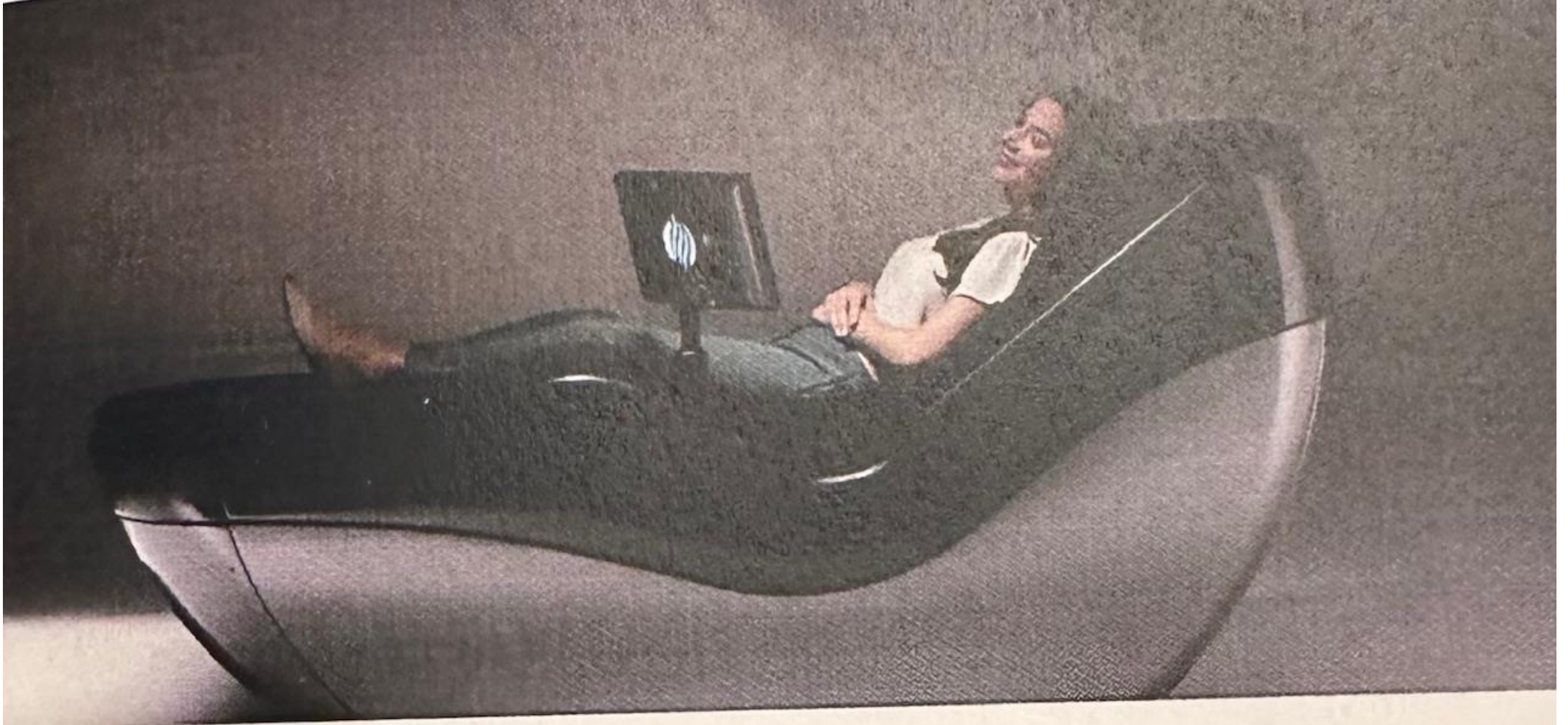
PULSED ELECTROMAGNETIC THERAPY

PEMF therapy uses technology to stimulate and exercise cells to help resolve cellular dysfunction and to support overall wellness



NORMATEC COMPRESSION BOOTS

Compression boots fill with air to create pressure on your legs that results in increased blood flow leading to many restorative benefits.



HYDROMASSAGE

HydroMassage is a therapeutic technique using water and pressured jets to massage muscles and other soft tissues in the body.

OSTEOSTRONG IS SIMPLY:

- ⊗ **10 Minutes Once Per Week**
- ⊗ **Sweat Free Sessions**
- ⊗ **Convenient For Your Lifestyle**
- ⊗ **Come Dressed As You Are**
- ⊗ **Backed By Scientific Research**

**CALL TODAY TO SCHEDULE
A FREE TRIAL SESSION!**

605-389-3684

A UNIQUE SYSTEM FOR DEVELOPING YOUR SKELETAL STRENGTH

OSTEOSTRONG®

THE ULTIMATE BIOHACK FOR ALL AGES

AMAZING BONE DENSITY INCREASE!!

I wanted a natural way to improve my bone density without medications, so I joined OsteoStrong. The staff is amazing! My DXA scan was proof this program works. I went from osteoporosis to osteopenia in my spine and I had a 4% increase in my hip. Thank you OsteoStrong!



60 SECONDS A WEEK TO
#DAWNSTRONG

O S T E O  S T R O N G

THE ULTIMATE BIOHACK





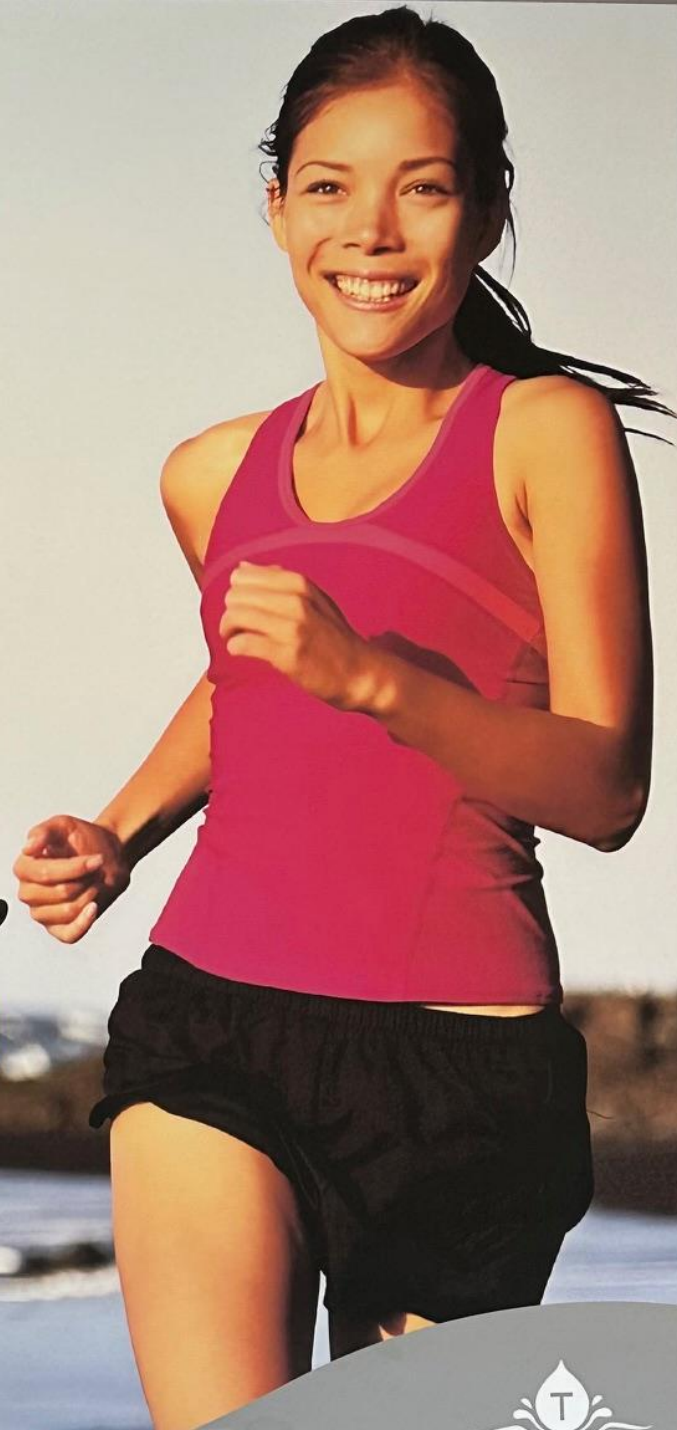


NORMATEC CONTRAINDICATIONS

- ▶ Current or unstable fractures at torso
- ▶ Open wounds
- ▶ Recent surgery & presence of sutures
- ▶ Severe atherosclerosis/ischemic vascular disease
- ▶ Suspect or known acute deep vein thrombosis
- ▶ Severe congestive heart failure
- ▶ Existing pulmonary arterial/hypertensive embolism
- ▶ Extreme deformity of torso
- ▶ Known malignancy in legs
- ▶ Joint reductions, including ankles
- ▶ Presence of long-term catheters



**BETTER WATER,
BETTER BALANCE,
BETTER HEALTH**



Herb Ebel, said that since they started in 2016, they have started numerous other sites in numerous states, He is going to see if it would be possible to return maybe \$50.00 back to our Club for any Member that signs up with OSTRO STRONG.



Upcoming Cosmopolitan Meetings

December 11, 2023. Meeting at Thirsty's Speaker Connie Olson from Youth and Family Services.

December 18, 2023. Meeting at Thirsty's

December 18, 2023. Christmas Party at Monument Civic Center

December 25, 2023. No meeting, Christmas

January 1, 2024. No meeting New Years Day.

January 7, 2024. Meeting at Thirsty's

January 15, 2024. No Meeting Martin Luther King Day

January 23, 2024. Col Derek C. Oakley EAFB

Member Birthdays

Name

- *Vaughn, Sue*
- *Carlson, Bryan*
- *Murchison, Robbie*
- *Mooney, Lynne*
- *Phelan, Paul*

Date

Dec 01
Dec 04
Dec 12
Dec 15
Dec 23



Date Joined RC Cosmopolitan Club

Anniversaries for August

<u>Name</u>	<u>Years</u>	<u>Date</u>
Kahler, Richard	44 years 0 months	Dec 10 1979
Edelen, Rachel	9 years 0 months	Dec 19 2014



Cosmo Ushering Event Coordinators

- Please e-mail or call the team in charge to sign up for the event or if you need to cancel
- Becky Kerr – Theater barefootbecky3209@gmail.com
(C) (605) 391-8738
- Rod Gunn – Ice Arena rgunn@rap.midco.net (C) (605)-381-3235..
- Gloria Gunn - Summer Nights grgunn@rap.midco.net (C) (605) 381-7075
- Jim and Arletta Schuh – Summit and Barnett Arena gymshoe122964@gmail.com
(C) (505)-391-8664
- Rod Gunn – Club's Website <https://portal.clubrunner.co/101337>
(C) 605 381-3532
- Rhonda Reuwsaat-Facebook Coordinator **RC Cosmopolitan Club**
_© (605)-209--615

Rapid City Cosmopolitan Club President



Rapid City Cosmopolitan Club President

- **Chuck Reuwsaat**
- **PO Box 994**
- **Rapid City, South Dakota
57709**

North Central Federation Governor



North Central Federation Governor

- **Nancy Trautman**
- **PO Box 994**
- **Rapid City, South Dakota 57709**

COSMOPOLITAN CONTACT LIST

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Phone 717-295-7142

headquarters@cosmopolitan.org

2500 West 49th Street, Ste 223, Sioux Falls, SD 57106-6508

North Central Federation:

Nancy Trautman, Governor

Phone 605-484-1316

njt751@gmail.com

2032 Promise Rd Apt 3418, Rapid City, SD 57701

***North Central Federation Board:
Governor Nancy Trautman***

***Governor- Elect: Deb Petersen
petedoug44@sio.midco.net***

***Past Governor: Melvina Newman
melvinanew@aol.com***

***Lt. Governor: Chuck Reuwsaat
c.reuwsaat@rap.midco.net***

***Treasurer Chris Bauer
cbauer@cortrustbank.com***

Secretary Cherry Luitjen

Cherry.dakota@gmail.com

Bruce McCollier

brucemcc@sio.midco.net

Sioux Falls Noon President

Deb Petersen (same as above) Sioux Falls Evening

President Chuck Reuwsaat

(same as above) Rapid City Cosmopolitan President

Cosmopolitan International Executive Director



- Emphasize the business benefits to being a member. Encourage all members to stay active and What would you like to accomplish for the rest of the involved as we get out of it from what we put into it. year? Look at the goals you set last fall for this Cosmo year and brainstorm a couple important ones. If This year has seen significant changes and all have not reached those goals, think about a specific been very positive for the future of Cosmopolitan. target now as there is still time to reach all your goals. This is your organization. Along the way we have to Cosmopolitan is all about membership recruitment, break new ground but we will grow! Happiness comes program development and finding a cure for diabetes. through doors you didn't even know you left open. And We are all about making a difference in our local remember the 2022-2023 theme: Alone we can do little, communities and supporting efforts to prevent and find together we can do a lot. a cure for diabetes Membership is the responsibility of every member and programs play a major role in the recruitment and retention of our members. We first must sell Cosmopolitan. Second, having strong programs with interesting, motivating topics and speakers can be a strong factor for attracting prospective members and***

Melvina Newman

headquarters@cosmopolitan.org



International President Dick Gorton

- We are fortunate to have some really talented people serving as officers who will help with the implementation of our programs. Plus, you have Candy to help me and for that you are most fortunate! Most of you have had some contact with her as she contacted your clubs to update member rosters, current club officers, and names of members who have passed away this year for memorial recognition at the International Convention. Speaking of the International Convention, I can't remember the first convention Candy and I attended. It's been a few years ago. It may have been the convention in New Orleans; that was certainly a memorable one as we paraded down Bourbon Street complete with marching band! The conventions offer a number of opportunities and benefits. The first is to renew old friendships and make new ones. As a member of Cosmopolitan you will be able to participate in our business meetings and make decisions that are critical to our success. You will also visit some interesting places, places that you might not have seen if it were not for our conventions. Places like Gettysburg, New Orleans, Calgary, Rapid City, Omaha, Las Vegas, and Norfolk. Lastly, our conventions provide the latest information on what is happening with diabetes research and offer the opportunity to develop a new Cosmo project to help find a cure for this dreaded disease!
- Dick Gorton Cosmopolitan President.
thegortons@cox.net

Cosmopolitan International Officers

International President - Dick Gorton, Omaha Cornhusker Club

VP of Finance - Keith Shepherd, Regina Club

VP of Membership - Tim Dollens, Columbia Luncheon & Breakfast Clubs

VP of Marketing and Fundraising - Sheila Anderson, Sioux Falls Evening Club

Judge Advocate - Jim McVay, Omaha Cornhusker Club

Capital Federation Governor - Perry Johnson, Norfolk Club

Cornbelt Federation Governor - Gery Whalen, Omaha 1-80 Club

Mid-States Federation Governor - LaVonne Hawking, Aurora Club

Mo-Kan Federation Governor - Dayton Shepherd, Columbia Show-Me & St. Charles County Clubs

North Central Federation Governor – Nancy Trautman Rapid City Club

Western Canada Federation Governor - John Krysak, Wascana Club