

Osteoporosis Workshop

Sign Up and Invest in Your Bones



Did you know that one in six women will suffer a hip fracture in their lifetime and that most of these fractures are caused by osteoporosis? It's time to think about the health of your bones and to take steps to build a healthy framework for the future. Join us for a relaxing discussion about osteoporosis including fracture risk evaluation, interpretation of bone density reports, nutrition, exercise and treatment options. Learn some practical strategies to improve your bone health by attending one of the sessions listed below.

Thursday, January 07, 2010

Thursday, Feb. 18, 2010

Thursday, March 25, 2010

Thursday, April 22, 2010

Thursday, May 13, 2010

Thursday, June 17, 2010

Thursday, Sept. 09, 2010

Thursday, Oct. 14, 2010

Thursday, Nov. 18, 2010

Time: 09:00 a.m. to 12:30 p.m.

Location: Grey Nuns Community Hospital

Note: Space is limited. Preregistration is required.

To register call 780-735-9919 or e-mail Jaswinder.Dhaliwal@covenanthealth.ca

Workshops are also open to men. In fact the lifetime risk for hip fracture in men is greater than their risk of getting prostate cancer!