



SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK

BONE HEALTH 101: IN-PERSON SESSION



In Partnership with
Osteoporosis Canada

 **OSTEOPOROSIS**

Tuesday, September 24, 2024

12:30 p.m. - 1:30 p.m.

Join us to learn everything you need to know about your bone health. The following topics will be covered:

- What osteoporosis is
- The risk of fracturing a bone
- Maintaining healthy bones
- Impact of nutrition and physical activity
- Fall prevention

Register by phone or email:

(905) 457-4747 Ext. 3018

nicbcs@achev.ca

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Funded in part by the
Government of Canada's
New Horizons for Seniors Program

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