

BONE HEALTH 101: WEBINAR

In Collaboration with
Osteoporosis Canada



Tuesday, September 16, 2025
11:30 a.m. - 12:30 p.m.

Did you know that at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime? Join our webinar to learn everything you need to know about your bone health!

The webinar will cover the following topics:

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

Register by phone or email:
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