

# 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 27, 2011**

**Thursday, Feb. 24, 2011**

**Thursday, March 24, 2011**

**Thursday, April 21, 2011**

**Thursday, May 26, 2011**

**Thursday, June 23, 2011**

**Thursday, Sept. 15, 2011**

**Thursday, Oct. 27, 2011**

**Thursday, Nov. 24, 2011**

**Time:** 09:00 a.m. to 12:30 p.m.  
**Location:** Grey Nuns Community Hospital  
**Note:** Space is limited. Pre registration is required.

To register call 780-735-9919 or e-mail [Jaswinder.Dhaliwal@covenanthealth.ca](mailto: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!