



Osteoporosis Workshop

Sign UP and Invest in Your Bones

Osteoporosis causes bones to become thin and brittle. The result: broken bones (fractures), particularly of the spine, hip and wrist. Join us to learn more about osteoporosis including risk factors, bone density reports, nutrition, exercise and treatment options.

Note: workshops are also open to men. In fact the lifetime risk of hip fracture in men is greater than their risk of prostate cancer.

Class dates for 2019:

January 25th 2019

February 22nd 2019

March 15th 2019

April 26th 2019

May 24th 2019

June 21st 2019

September 13th 2019

October 11th 2019

November 15th 2019

December 13th 2019

Please note: All classes will be from 1:00 to 4:30 P.M.

Pre-registration is required. To register call: 780.735.9919

Or email andrea.hardy2@covenanthealth.ca

Location: Grey Nuns' Community Hospital



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Health**