

COMMUNITY INFORMATION SESSION

Osteoporosis

A Healthy Bones Week Activity



- What is osteoporosis? How can I prevent it?
- Vitamin D and Calcium
- What exercise is good for my bones?
- Fall Prevention

Guest Speakers include

- Osteoporosis Tasmania
- Pharmacist– medications and falling
- Optometrist– vision and falls
- Physiotherapist – How to get up safely from the ground

LOCATION:	<i>Sorell Community Health Centre</i>
DATE:	<i>Monday 4 August 2008</i>
TIME:	<i>1:30 – 4:00pm</i>
COST:	<i>\$2 member Arthritis Tasmania \$5 for non members</i>

A light calcium rich afternoon tea is included. All participants receive a free copy of a booklet on Osteoporosis

RSVP is ESSENTIAL
Call Osteoporosis Tasmania
on freecall 1800 242 141

