

# Healthy Bones Week 3 – 9 August 08

## Awareness Activities

### MONDAY, 4 August 2008

#### *Healthy Bones Information and Afternoon Tea*

2:00pm – 3:30pm, Devonport Community House.

*Please join us; participate in an informal discussion on your bone health, a food preparation demonstration, and enjoy a calcium rich afternoon tea.*

COST: \$2 members and \$5 non members

#### *Healthy Bones Information and Afternoon Tea at Sorell*

1:30pm – 4:00pm Sorell Community Health Centre

*Come along and learn about osteoporosis – what is it and how can I prevent it. Learn the answers to what management options are there and how much calcium and exercise do I really need? A physiotherapist will be there to show participants how to get up safely from the ground (or after a fall). An optometrist will speak on vision and falls and a pharmacist will talk about medications and falling. A calcium rich afternoon tea will follow.*

COST: \$2 members and \$5 non members

### WEDNESDAY 6 August 2008

#### *“Support your skeleton – it supports you!”*

1.30pm – 4:30pm, Italian Club at Prospect

*Come along and learn about osteoporosis from Osteoporosis Tasmania. The session will also include a session with Rheumatologist Dr Stewart Graham and Pharmacist Luciana Torrents. Session includes afternoon tea.*

COST: \$2 members and \$5 for non members

#### *Healthy Bones Information and Afternoon Tea*

2:30 – 3:30pm Burnie Community House

*Please join us; participate in an informal discussion with an Osteoporosis Educator and enjoy a calcium rich afternoon tea.*

COST: \$2 members and \$5 non members

### THURSDAY 7 August 2008

#### *“Gardening and Healthy Bones”*

1:00pm – 3:00pm Ulverstone Community House

*What types of activities improve bone strength? Come along and get some tips on preventing osteoporosis, and maintaining your bone health!*

Cost: \$2 members, 5 non members

### TUESDAY 12 August 2008

#### *“Support your bones – they support you”*

10:30am – 12:00 West Tamar Multipurpose Centre

*Come along and participate in an informal discussion on osteoporosis prevention and management with an osteoporosis educator.*

. Cost: \$2 members, 5 non members

***Bookings are essential at all events***

***Please phone 1800 011 041 to reserve your place***