

Public Education Forum

*Presented by
Osteoporosis
Canada*

Wednesday, April 9th,
2014

6.30 p.m. – 8.30 p.m.
(Doors open 6.00 p.m.)



When Exercise Becomes a Hazard



Location:

Jim Archdekin
Recreation Centre,
292 Conestoga Drive,
Brampton
(Kennedy & Bovaird)

Free admission.

Registration required.

RSVP by April 4th to

pef@osteoporosis.ca (enter
subject line as "PEF

Brampton") or call (416) 696
2663 ext 2350

Join us at this special session to learn about osteoporosis and the importance of safe and appropriate exercise in reducing your risk of osteoporosis and fractures.

Speaker: Jo-Ann James, Medical Exercise Specialist, Bone Fit Educator and Osteoporosis Canada speaker.

Also, a panel of speakers for short presentations on

- Your Fracture Risk Assessment and What it Means To You – **Michela Savoia, MRT, William Osler Health System**
- The Importance of Calcium and Vitamin D in Your Diet - **Dorothy Lyons, RD & Mary Bianco, RD, William Osler Health System**
- How to Manage Chronic Conditions and Where to Find Self-Management Programs in Your Area – **Sundee Hans, Central West Self -Management Program**



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