



OSTEOPOROSIS COMMUNITY EDUCATION EVENT

Come to hear from a team of osteoporosis healthcare providers including: a doctor who specializes in osteoporosis care, a pharmacist, a dietitian, an occupational therapist and a kinesiologist from Southlake Regional Health Centre.

Monday, November 4

Doors open at 5:30 p.m. Event from 6 - 7:30 p.m.
McConaghy Centre, 10100 Yonge Street, Richmond Hill

City of Richmond Hill Adults 55+ Members register at
RichmondHill.ca/ActiveRH to secure your spot.

Free Event - Course Code: 44909

Adults 55+ Non-members can register by
contacting Jennifer Weldon.

Email: jweldon@osteoporosis.ca or

Phone: 1-800-463-6842, ext. 2313 or 416-508-8209

In this interactive forum you will learn:

- about osteoporosis and how it is diagnosed
- strategies to maximize your quality of life living with osteoporosis
- food ideas that can lead to stronger bones
- osteoporosis medication facts and fiction
- effective ways to exercise to impact your bones



Presented by: Southlake Regional Health Centre,
Osteoporosis Canada, and Ontario Osteoporosis Strategy.

