

Better Living for your Bones: Virtual Series



This 4-week virtual educational series is designed to educate individuals on keeping bones healthy.

Program goals include:

- Understanding the basics of bone health, including how our bones are formed, what factors contribute to bone health, and the definitions of low bone mass and osteoporosis
- Reviewing daily requirements for calcium and vitamin D, how to get them from food products/supplements and potential impact of medications on bone health
- Identifying and implementing changes in your lifestyle to improve bone health

Please join us via Zoom!

To register, please email Marcy at:

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