

**Enroll  
today!**

# BUILDING BETTER BONES PROGRAM

**ARE YOU CONCERNED ABOUT OSTEOPOROSIS OR BONE LOSS?**

By joining this 4-week program, you will:

- Appreciate why and how bone loss occurs as we age
- Discover the importance of nutrition strategies (beyond calcium) to improve bone health
- Recognize how different types of exercise impact bone health
- Build better bone health using specific exercise strategies to reduce bone loss
- Clarify how different medications work to reduce bone loss
- Discuss your questions with our bone health team



**Program is FREE to patients of CBFHT!**

**When:** Mondays, June 6 to June 27

**How:** Online via Zoom and in-person

**Register:** Call 905-456-7111 (ext 2) or visit: [www.cbfht.ca](http://www.cbfht.ca)

