

**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 and anyone is welcome to join!

When: Mondays, June 6 - 27 @ 10 am

How: Online via Zoom

Register: Call 905-456-7111 (ext 2) or visit: www.cbfht.ca

