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**TO:** CENTRAL BRAMPTON FHO PHYSICIANS

**FROM:** CENTRAL BRAMPTON FAMILY HEALTH TEAM

**SUBJECT:** OSTEOPOROSIS PROGRAM (NEW)

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Dear physicians,

We are excited to announce that CBFHT will be launching the Osteoporosis Program in June. The program will consist of 4-week group sessions and one-on-one individualized assessments for patients at the clinic:

- with Osteopenia/Osteoporosis
- women 50+ and men 65+
- individuals with fractures
- those receiving Prolia injection

The program will commence on Monday, June 6 at 10 am-11am via Zoom. The focus will be on education and prevention, and the following topics will be covered in more detail: exercise, medication, and diet/nutrition. The NP's will provide additional support, when necessary.

The team prepared an educational "Osteoporosis Package" which will be shared with you shortly for your review. These handouts will be given out to participants of the program. If you have any specific suggestions or recommendations for the program, please let us know. In the meantime, we are accepting any referrals for assessment before the program start date in June.

Sincerely,

The CBFHT Team