



# 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.

## 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.

**THURSDAY, NOVEMBER 1, 2018**

Doors open at 6:30 p.m. Event from 7:00 - 8:30 p.m.  
Richmond Hill Central Library, Rooms A & B (2<sup>nd</sup> Floor)  
1 Atkinson Street, Richmond Hill, ON L4C 0H5  
(Yonge Street & Major MacKenzie Drive)

**Parking is Free**

Space is limited, please register for this free event by  
October 26, 2018

**Email:** [jweldon@osteoporosis.ca](mailto:jweldon@osteoporosis.ca) or

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