



BARE BONES FACTS ON OSTEOPOROSIS

Health care experts are coming forward to strip away the myths and misunderstandings about osteoporosis. These notions will be replaced with facts to help you prevent and manage this condition. This three-part series will address the latest findings and medical advances on risk factors, affects of osteoporosis, and treatment options including diet, medications, and exercise.

MONDAYS, APRIL 27, MAY 4, AND 11, 6:30-8 P.M.
BELLIN HEALTH ALLOUEZ BUILDING
2020 SOUTH WEBSTER AVE., GREEN BAY
FREE

SESSION 1: MONDAY, APRIL 27, 6:30-8 P.M.

June Peters, NP, from Women's Healthcare OB-GYN and Endocrinology Associates will address the following questions and topics: What is osteoporosis? Who is affected by osteoporosis? What types of tests are performed to check for osteoporosis? How can osteoporosis affect my life?

SESSION 2: MONDAY, MAY 4, 6:30-8 P.M.

Registered Dietitian, Lynn Kitslaar, will discuss how what we eat affects the strength of our bones and identify personal strategies to increase intake of calcium and Vitamin D, including handouts of recipes using calcium-rich foods. Pharmacist, Dick Rosin, will also cover medication options to prevent and treat osteoporosis, as well as possible side effects.

SESSION 3: MONDAY, MAY 11, 6:30-8 P.M.

Physical Therapist Assistant, Jill Wentworth, will explain the relationship of exercise and bone health in all stages of life. Instruction will be given in safe body mechanics to minimize the risk of injury and decrease the threat of fractures. Find out how to stay active while playing it safe.



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