



OSTEOPOROSIS


Connect with us

Osteoporosis Canada offers programs and information sessions for individuals who have been diagnosed to help them manage their bone health and osteoporosis.

All osteoporosis programs are free and delivered by trained individuals.

EDUCATION SESSIONS FOR YOU

OSTEOPOROSIS AND YOU




Participants will learn & gain a better understanding of how to live better with osteoporosis. Topics include nutrition, safe exercise, treatments, fall prevention and will help participants to make informed decisions about their bone health.

LIVING WELL WITH OSTEOPOROSIS

A 7-week virtual program for people who have been diagnosed with osteoporosis. This in-depth program takes a closer look to help people make informed decisions about risk reduction and to better manage living well with the disease. Participants receive evidence-based information, discuss and share experiences and have a session with a physiotherapist, a pharmacist, and a dietitian.

SUPPORT GROUPS



Where people in similar situations can learn from guest speakers, discuss self-management, exchange ideas and help each other to cope with a shared problem. Support groups put you in touch with people who understand what you are going through because they are also going through it.

Register today.

For more information or to register:

EMAIL: cpearcy@osteoporosis.ca or CALL: 1-800-463-6842 Ext 2475