



# Bone Health

Keeping your bones strong.

## Date:

Wednesday, August 30<sup>th</sup>

9:30 AM—11:30 AM

## Location:

Boys & Girls Club

Frontenac Mall, 1300 Bath Road

Kingston, Ontario

## Registration:

Contact Karen at

613-531-5888 x 1107

## Topics:

- Understanding osteoporosis: risk factors, myths and truths
- Tips for healthy life choices for strong bones
- Calcium: food first
- Vitamin D: its impact on bone health
- Medication: how it may help
- Physical activity: the link to strong bones