Bone Health 101

October 8, 2025
10:00-11:30am MT

Did you know at least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture in their lifetime. Bone Health 101 provides a general overview about what osteoporosis is, risk factors, how to maintain healthy bones, the impact of nutrition & physical activity, and fall prevention. Learn how to reduce your risk of fracture and about resources available for those living with or at risk for osteoporosis.

**Please note that this session will not be recorded or uploaded to our website.

Learning Outcomes:

- The importance of nutrition & physical activity
- The importance of fall prevention
- Resources available for those living with, or are at risk for osteoporosis

Speakers:

Maureen Best - Has a background in Health Care and Education, and has been a volunteer with OC for 7 years. She was diagnosed with Osteoporosis in 2010. Maureen enjoys staying active through hiking, biking, and working-out regularly.

Target Audience: Adults

Please register for session at: https://fntn.ca/Home/Register-VC?eid=22464

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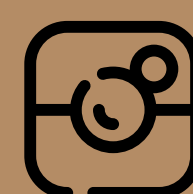
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