



Osteoporosis and Bone Health

Join a Nurse and a Dietitian to learn about osteoporosis and:

- The risk factors related to osteoporosis.
- What you can do to protect your bones.
- Nutrition information for managing osteoporosis.

Class Type	Date	Time	How to Register
Online	Monday, May 6, 2024	1:15 p.m. – 3:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, September 5	9:15 a.m. – 11:00 a.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

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