

# HEALTHY BONES BEGIN WITH YOU

Join this workshop to learn more about osteoporosis and the importance of having strong bones!

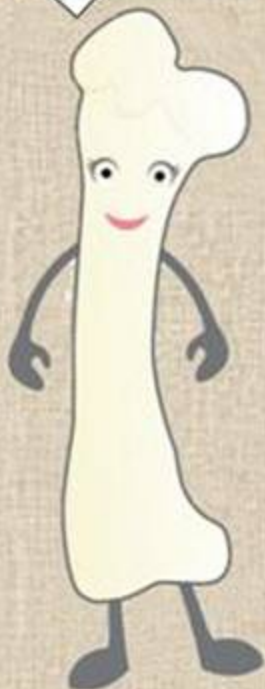
## Module 1: Osteoporosis: Are You at Risk?

- Learn about osteoporosis, its risk factors, and the lifestyle modifications you can adopt to build stronger and healthier bones. Find out how much calcium you need each day, the types of exercises that are good for building stronger bones and receive a self-assessment tool to assess your risk for osteoporosis

## Module 2: Healthy Bones Begin with You!

- Pick up some useful lifestyle tips to improve your bone health. Take part in a fitness workout and experience some simple exercises that can help strengthen your bones. Watch a food preparation and learn to prepare two delicious and healthier Hi-Calcium snacks for both you and your loved ones.

Receive a free gift when you attend this workshop!



Sign up for this workshop now and begin your journey to achieving stronger bones!

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