



In the name of Allah, the most Gracious, the ever Merciful!

OSTEOPOROSIS

Speaking of Bones

A presentation on healthy bones

Feb 25th @ 12:30pm

Join us on YouTube

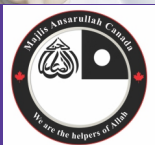
 <https://youtu.be/DQUSLlj4GtI>

Topics to be discussed:

- What is Osteoporosis?
- What is my risk of fracturing a bone?
- Nutrition for healthy bones
- Physical Activity for healthy bones
- Fall Prevention

**All men and women need
Strong Bones for Life!**

**Learn to reduce the risk of
fracture**



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Qiadat Zahanat wa Sehat Jismani

LOVE
FOR ALL
HATRED
FOR NONE

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