
Bone Health Flash!

May 2022 – Osteoporosis Awareness and Prevention Month

Take Some Action Steps and Spread the Message!

There are several opportunities for you and your clients to learn more about Osteoporosis prevention and management.

- ✓ Visit the Bone Health & Osteoporosis Foundation (BHOFF) website: [BHOFF](#) for several opportunities to connect to free webinars, podcasts and tips on improving bone health.
 - Bone Talk Webinars: [Bone Health Webinars](#)
 - Download a free calendar for link to daily tips: [Interactive Bone Health Calendar tips](#)
 - Listen to podcasts: <https://www.bonetalk.org/>
- ✓ Connect with the American Bone Health organization, <https://americanbonehealth.org/>
 - Become trained as a Peer Educator
 - Use the online Fracture Risk Calculator to begin the conversation with your client on risk level and interventions
 - Attain resources to educate your client on nutrition, proper body mechanics, exercises, and more
 - Connect your clients with Bone Health Workshops
- ✓ Become Bone Fit trained: <https://www.bonesource.org/bonefit-usa>
 - Watch for upcoming available trainings

JOIN the Bone Health SIG:

Reach out to Kathy Brewer, ptkkb55@gmail.com, to discover how you can be involved to educate and advocate for enhancing osteoporosis prevention and management in your practice and become engaged in scholarly developments.

Send any research, news, or scholarly work you would like to share that could benefit our membership for inclusion on the website or BONE FLASH to: Kathlene Camp PT, DPT at Kathlene.camp@unthsc.edu.