

How To Improve Your Bone Health

A free educational event for people who have osteoporosis or have an interest in bone health.

Date: Wednesday 11th September 2019

Venue: Conference Room

Holiday Inn Express, Walking Field Lane, Poole, Dorset, BH15 1RZ

Time: 1:30pm – 3:50pm (Doors open at 1:10pm)

In collaboration with Osteoporosis Dorset (a local Charity), Poole Hospital's Rheumatology Department and Fracture Liaison Service; Osteoporosis Dorset is organising a free bone health event in September (see information above and programme below).

Programme

- 1:30 **Healthy eating for stronger bones**
Mrs Lisa Perkins, Community Dietitian,
Dorset HealthCare University Foundation Trust
- 2:10 **Exercise for your bones and balance**
Theresa Rowett, Physiotherapist, Poole Community Therapy Team
- 2:50 **Question and answer session**
Dr Neil Hopkinson, Consultant Rheumatologist, The Royal Bournemouth
and Christchurch Hospitals NHS Foundation Trust
- 3:20 **Zumba Gold class**
(The design of the class, introduces easy to follow Zumba
choreography that focuses on improving your balance,
range of motion and coordination)
- 3:50 **Meeting ends**

Practical solutions
through lifestyle
specifically
nutrition, exercise
and balance

Meet people who
want to take
charge of their
bone health and
osteoporosis

The aim of our informal free study day is to provide information on ways to reduce your risk of breaking another bone, plenty of time to ask questions in our dedicated Q&A session and practical tips on improving your balance, motion and coordination.

To allow us to facilitate seating requirements, we are offering places on a 'ticket only' basis. If you would like to attend this event and to receive your free ticket, please contact Osteoporosis Dorset on **01202 443064** as soon as possible. We do hope you can come along, the session will be very informal, but hopefully informative as well.

In collaboration with:

Poole Hospital



NHS Foundation Trust