

# How to improve your bone health

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

**March 24<sup>th</sup>, 2021**     **6:00pm – 7:25pm**

A free online  
webinar  
**BOOK NOW**



In collaboration with Osteoporosis Dorset (a local Charity), Fracture Liaison Services in Poole and Dorchester; Osteoporosis Dorset is organising a free online bone health event instead of our usual face to face meeting.

## Programme

- 6:00pm** All about Osteoporosis  
Dr Adam Wheldon, Consultant Physician and Geriatrician,  
University Hospitals Dorset NHS Foundation Trust
- 6:15pm** Questions to Adam
- 6:25pm** Healthy eating for stronger bones  
Mrs. Lisa Perkins, Community Dietitian,  
Dorset HealthCare University Foundation Trust
- 6:35pm** Questions to Lisa
- 6:40pm** Exercise for your bones and balance  
Mrs. Theresa Rowett, Physiotherapist, Poole Community Therapy Team
- 6:50pm** Questions to Theresa
- 6:55pm** Zumba Gold® (Seated Class)  
Mrs. Jane Alexander, Zumba instructor  
(The design of the class, introduces easy to follow Zumba choreography that focuses on improving your balance, range of motion and coordination)
- 7:25pm** Meeting ends

If you would like to express an interest in attending this free online event in March, please contact us on: [mail@osteodorset.org.uk](mailto:mail@osteodorset.org.uk) or telephone 01202 443064. We look forward to welcoming you in March.