

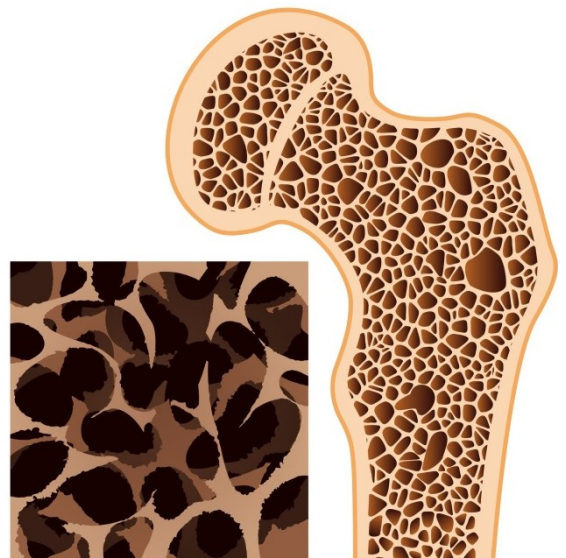
OVER 50 AND DIAGNOSED WITH OSTEOPOROSIS?

Come along to a 'Steady Bones' workshop

This workshop session will help you to understand your condition, learn ways to manage it on a day to day basis, and also gives you information to make the right choices about your treatment, now and in the future.

With expert advice and support from:

- Stepping Hill's Consultant
- Therapist
- Dietitian
- Pharmacist
- Physical activity facilitators
- Third sector organisations
- and the National Osteoporosis Society



12 June 2018

16 October 2018

14.00 - 16.30

Hornchurch House, 1 Nangreave Road, Stockport, SK2 6LY

To reserve your place call the
Steady in Stockport, Falls Prevention and Bone Health Service
on **0161 835 6701** or email steadyinstockport@stockport.nhs.uk