

AH-NTFGH-NUH-OSS OSTEOPOROSIS DAY

In conjunction with World Osteoporosis Day

Online Talks and Posters

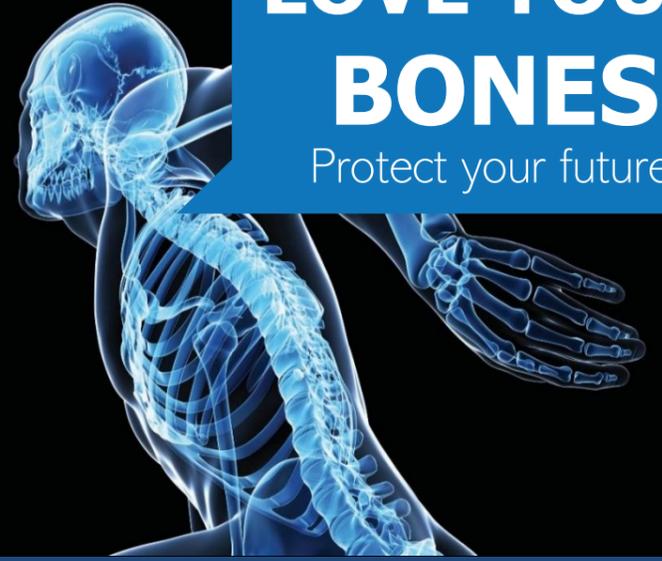
20 October 2020

NUH Main Building (Lobby B) Posters

Join us to learn more about Osteoporosis
– from the risk factors to ways of managing it
through exercise and nutrition.

LOVE YOUR
BONES

Protect your future



ONLINE TALKS: **HEALTHY AGEING: BONE AND MUSCLE HEALTH**

Visit www.tinyurl.com/OSSDay2020 for recorded talks

Dr Andre Tan

Consultant, Division of Endocrinology
National University Hospital
Better Bones, Fewer Fractures ...
In the Era of COVID-19

Ms Jessica Law

Physiotherapist
National University Hospital
Exercise and Healthy Ageing

Gabriel Wong Jun Yung

Dietitian
Ng Teng Fong General Hospital
B for **B**alanced nutrition, **B**etter **B**one health

Read the posters @ Lobby B, in front of
NUHCS (Cardiac Centre) or go online and
learn more!

POSTER 1

Introduction to Osteoporosis and Assessment of
Risk of Osteoporosis and Risk of Fractures

POSTER 2

Nutrition for Strong Bones

POSTER 3

Assessment of Fall Risk and Fall Prevention

POSTER 4

Exercise for Osteoporosis

To Access Talks Online:

SCAN ME



To read more on
Bone Health Information:

SCAN ME



For more information, email
OSS Secretariat at osteoporosis_society@themeetinglab.com or
call +65 6346 4402 (Mon to Fri, 10am to 5pm)

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