



HEALTHY BONES HEALTHY SINGAPORE

In conjunction with World Osteoporosis Day

OSTEOPOROSIS SOCIETY (SINGAPORE)

In collaboration with:



EAST COAST SILVER BLUEPRINT



Changi General Hospital SingHealth

SCAN ME



Sunday, 7 November 2021 2pm – 4pm

CLICK HERE TO REGISTER (Before 2nd November)



Osteoporosis affects at least one in three people over age 50 years, and Singapore has the highest incidence rate of hip fracture of all Asian countries. Despite our ageing population and the increasing number of people suffering osteoporotic fractures, many people lack knowledge about osteoporosis and how to lower their fracture risk.



Dr Ang Seng Bin President Osteoporosis Society Singapore



Welcome



Ms Janelle Pang Dietitian, Dietetics National University Hospital



Diet for Healthy Bones



Dr Linsey Gani Consultant Endocrinologist Changi General Hospital



Healthy Bones for Every Age



Elizabeth Chan Physiotherapist KK Women's and Children's Hospital



Exercise for Healthy Bones

Join us for a Cooking and Exercise Demo for Healthy Bones



Video Credit: Fong Poh Mun

For more information, email OSS Secretariat at osteoporosis_society@themeetinglab.com

Supported by:

