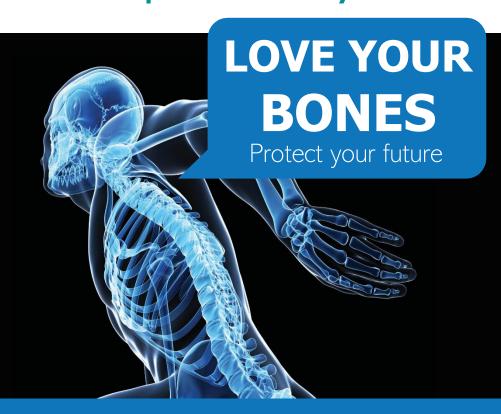
# **AH-NUH-OSS OSTEOPOROSIS DAY**

In conjunction with World Osteoporosis Day

29 October 2019 11.00 am to 3.00 pm **NUH Main Building** (Lobby B)

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



# TALK: HOLISTIC MANAGEMENT OF **OSTEOPOROSIS**

Venue: Auditorium, Level 4, Dental Centre

NUH Main Building (Lobby B)

Time: 1.00 pm

## **Dr Andre Tan**

Associate Consultant, Division of Endocrinology, National University Hospital and Department of Medicine, Alexandra Hospital

## Lynn Teong

Dietitian, National University Hospital

## **Chloe Chang**

Physiotherapist, National University Hospital

# Visit the stations and learn more!

Venue: Lobby B, in front of NUHCS (Cardiac Centre)

#### STATION I

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

#### **STATION 2**

**Nutrition for Strong Bones** 

## **STATION 3**

Assessment of Fall Risk and Fall Prevention

### **STATION 4**

**Exercise for Osteoporosi** 

For more information, contact NUH Health Education Hub at 6772 2184 or AH General Enquiries at 6472 2000 or email OSS Secretariat at osteoporosis\_society@themeetinglab.com

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