



**OSTEOPOROSIS SOCIETY
(SINGAPORE)**



BONE HEALTH AMBASSADOR REFRESHER WORKSHOP

Workshop Overview

Osteoporosis affects at least one in three adults over the age of 50, with a growing impact in our ageing society. Bone Health Ambassadors are empowered to increase awareness about bone health and osteoporosis among Singaporeans, with the aim of maintaining healthy bones across all ages and reducing the risk of fractures.

This workshop is a refresher targeted at those who have previously attended our previous workshops (in 2020-2021), and will prepare you to step up as a full-fledged Bone Health Ambassador at our upcoming public event on 4th November 2023 (Save-your-date).

Topics

- About osteoporosis & its risk factors
- Osteoporosis Self-Assessment Tool (OSTA) / Fracture Risk Assessment Tool (FRAX)
- Exercise
- Diet
- Fall Prevention

Free Registration


JOIN US


Click Here (in person only)

*Limited places on a first-come first served basis (Register before 25th Sep)

Programme

| Time | Topic |
|----------------|--|
| 1:45 - 2:00pm | Introduction |
| 2:00 - 2:15pm | Do I have osteoporosis? |
| 2:15 - 2:45pm | Breakout 1 - Do I have osteoporosis? |
| 2:45 - 3:00pm | Diet for healthy bones |
| 3:00 - 3:30pm | Breakout 2 - food for healthy bones |
| 3:30 - 3:45pm | Tea break |
| 3:45 - 4:00pm | Exercise for healthy bones |
| 4:00 - 4:15pm | Preventing falls |
| 4:15 - 4:45pm | Breakout 3 - keeping active & preventing falls |
| 4:45 - 5:00 pm | Conclusion / Q&A |

 7th October 2023, Saturday
1345-1700H

 MD11 Clinical Research Centre (CRC) Auditorium
National University of Singapore (NUS)
10 Medical Drive, Singapore 117597
[Click here for directions](#)

Educational Outreach Program
Supported By:

AMGEN