



To support the 2024 World Osteoporosis Day Campaign, we will be hosting a series of bone health education and exercise sessions at the University Hospitals Birmingham and across the West Midlands in October 2024.

All the events below are open to everyone who are interested in improving their bone health. Please scan the QR code or click the link to register.

Date and Time	Session and Venue	Scan to register
17 October 2024 (09.30 – 11.30)	Osteoporosis Road Show - Queen Elizabeth Hospital Birmingham - Birmingham Heartlands Hospital - Good Hope Hospital	No registration required. See us in the foyer/main entrance of the hospital
18 October 2024 (09.30 – 12.00)	Bone Health and Exercise Session Lecture Theatre 2, Education Centre Queen Elizabeth Hospital Birmingham Mindelsohn Way, Edgbaston, Birmingham B15 2GW	 https://forms.office.com/e/XL9VfhxgAh
19 October 2024	Community Bone Health and Exercise Session 1. West Bromwich (09.30 – 12.30) 2. Tamworth (09.30 – 12.30) 3. Birmingham (12.30 – 15.00) (scan the QR code [or click the link] for the details of each venue)	 https://forms.office.com/e/ntYTARRG3H

YOUR BONES ARE PRICELESS
PREVENT OSTEOPOROSIS - STAY UNBREAKABLE

WORLD OSTEOPOROSIS DAY 2024

‘Love Your Bone: Protect Your Future’

**UHB and Community Outreach Bone Health
Education and Exercise Session
18th and 19th of October 2024**

Programme Overview

09.30—10.00*	Registration and coffee
10.00—10.15*	Welcome and introduction
10.15—11.00*	Osteoporosis: The burden of this ‘silent disease’
11.00—11.20*	Coffee break
11.20—12.00*	Move your bones (Gentle exercise session)
12.00—12.30*	Evaluation and close

* Session time varies for each venue.

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