



Osteoporosis and Bone Health

Join a Nurse and a Dietitian to learn about osteoporosis and:

- The risk factors related to osteoporosis.
- What you can do to protect your bones.
- Nutrition information for managing osteoporosis.

Class Type	Date	Time	How to Register
Online	Thursday, April 3	9:15 a.m. – 11:00 a.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, June 3	1:15 p.m. – 3:00 p.m.	
	Tuesday, September 23	9:15 a.m. – 11:00 a.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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