



Bone Health Seminar

Helen Hayes Hospital – Auditorium

Route 9W, West Haverstraw, NY

Presented by:

The New York State Osteoporosis Prevention Education Program at Helen Hayes Hospital

Speakers:

Shari Silverstein, RN, MS & Michelle Mosner, RD, CDN

This seminar is FREE and open to the community.

Learn about:

Bone mineral density test results

Osteoporosis risk factor reduction

Nutrition

Exercise

How to promote stronger bones

Exciting new treatments for osteoporosis

Avoidance of smoking

Limitation of alcohol

Taking safety precautions

How research helps

Program Dates & Times: Choose a Date & RSVP

Wednesday, September 30, 2009
5:45 p.m. - Welcome
6:00 p.m. - 8:30 p.m. - Program

Monday, October 26, 2009
9:45 a.m. - Welcome
10:00 a.m. - 12:30 p.m. - Program

Tuesday, November 17, 2009
9:45 a.m. - Welcome
10:00 a.m. - 12:30 p.m. - Program

RSVP: Registration Required
For information, call the NYSOPEP
Office at (845) 786-4772.