



# Healthy Bones for Life

September 12, 2024  
10:30 a.m. to 11:30 a.m.

South County Senior Activity Center  
27 Stepneys Lane, Edgewater, MD



Join Jennifer Jackson, Peer Educator for the Bone Health and Osteoporosis Foundation, for an informative presentation on bone health, fall prevention, and fracture prevention. Whether you have osteoporosis, have had a broken bone, or are just interested in keeping your bones healthy, the time is right to take charge of your health.

## We will explore:

### **Why Bone Health Matters**

Discover the crucial role your bones play in overall health and well-being, and why maintaining bone density is essential as you age.

### **What is Osteoporosis?**

Gain a clear understanding of osteoporosis, a condition that weakens bones and makes them more susceptible to fractures, including its causes and risk factors.

### **How Osteoporosis is Diagnosed**

Learn about the diagnostic tools and techniques used to identify osteoporosis early, enabling timely intervention.

### **How to Slow Bone Loss**

Explore practical strategies and lifestyle changes that can help slow bone loss and strengthen your skeletal system.

### **How to Prevent Falls**

Discover actionable tips and exercises designed to improve balance and reduce the risk of falls, which are a common cause of fractures.

### **Treatments to Prevent Fractures**

Get informed about the latest treatments and therapies available to prevent fractures and maintain bone health.

**To register, sign up at the front desk at South County Senior Activity Center or call (410) 222-1927. Anyone needing accommodations should contact Jennifer Jackson by calling (410) 222-4335 or by email at [agjack88@aacounty.org](mailto:agjack88@aacounty.org). TTY users call Maryland Relay 7-1-1. All materials are available in alternate formats upon request.**