



Osteoporosis & Bone Health

You are invited to a **FREE** Information event

Date: Thursday 11th October 2018

Time: 7pm to 9pm.

Venue: Mourne Country Hotel, 52 Belfast Rd,
Newry BT34 1TR

The programme led by Dr Damian Gormley, Consultant Geriatrician, Southern Trust will include:

- An overview of Osteoporosis
- Including risk factors, diagnosis and treatments
- Exercise and Bone Health
- Healthy Living for Strong bones advice
- Opportunity to network and ask questions

Other speakers will present at this event

Tea/Coffee will be served from 7.00pm programme starting promptly at 7.30pm

Places are limited so to book a place:

Email: e.rogan@nos.org.uk

Or text/phone 07515 574785

National Osteoporosis Society
Cameron's, Bath BA2 0PJ
Tel: 01761 471771 / Fax: 01761 471104
Helpline: 0800 800003
Email: info@nos.org.uk / Website: www.nos.org.uk

National Osteoporosis Society is a registered charity no. 1102712 in England & Wales
and no. SC009786 in Scotland
Registered as a company limited by guarantee in England & Wales no. 4096013