



JUNE'S THRIVE THURSDAY

THE LADY BONE DOC WILL SEE YOU NOW...

WHO IS AT RISK FOR OSTEOPOROSIS?

Things we can't change:

- Those with a family history of Osteoporosis
- The female sex
- Past of broken bones or height loss
- Ages 50 and older
- Women in menopause
- Low body weight/ thin or small build

Things we can change:

- Deficiency of Vitamin D and Calcium
- Sedentary lifestyle
- Limit alcohol intake
- Avoid tobacco use

CALCIUM CAN HELP!

