



2019 Public & Patient Education Program



Live Streaming Webinar

Preventing Osteoporosis:

What Women in Their 20s and 30s Should Know

Between building a career, relationships, and an independent life for yourself, building your bones is probably not at the top of your list. However, it should be.

Join us for a free
live streaming webinar

Thursday
May 16, 2019
1:00–2:30 pm



About one third of women over 50 years old will develop osteoporosis, a condition that lowers bone mass and increases risk of fracture. While younger women rarely consider its effects early on, you can take important steps now to build healthy bones for life. Join the Arthritis Foundation and HSS experts **Jessica Starr, MD** and **Deborah McInerney, RD** for a live webinar to identify your risk and how you can prevent osteoporosis.

RSVP online at
[preventingosteoporosis.
eventbrite.com](https://preventingosteoporosis.eventbrite.com)

