

Catch a Break

If you're over 50 and have had a bone fracture, our Catch a Break program can help you get the information and support you need to improve your bone health and prevent another fracture.

Here's how it works:

- You'll receive information in the mail in a few weeks.
- A Health Link worker will call and ask if you're interested in taking part in the program.
- If you do, Health Link will check in again after three months and 12 months.

Whether or not you get involved with Catch a Break, talk to your family doctor about your fracture. They can help you improve your bone health to prevent another fracture.



► **To learn more, visit myhealth.alberta.ca and search for 'Catch a Break'**



Bone & Joint Health
Strategic Clinical
Network™



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