

# Osteoporosis and Bone Health

## What can I expect to learn?

Join a Nurse and a Dietitian to learn about osteoporosis and:

- Risk factors related to osteoporosis
- What you can do to protect your bones
- Nutrition information for managing Osteoporosis

## How many classes are there?

One class for 1 hour and 45 minutes

## How is this class being offered?

Over Zoom

## Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

## How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

