



Osteoporosis and Bone Health

Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Adding Protein to Your Diet](#)
- [Canada's Food Guide](#)
- [Am I Eating Well for My Bones?](#)



<https://www.ahs.ca/info/Page16878.aspx>

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**Primary Care
Alberta**

Alberta Healthy Living
Program