

Osteoporosis: The Physical Therapy Perspective

Have you been diagnosed with osteoporosis, osteopenia or interested in learning more about keeping your bones strong?

Did you know that one in two women and up to one in four men will break a bone in their lifetime due to osteoporosis?

Join our UCSF Physical Therapists for a live online information session on bone health.

We will discuss the current evidence on physical therapy interventions to promote optimal bone density. Join us to discuss recommendations for strengthening, stretching, and fall prevention. A question and answer session will follow the presentation.

Tuesday, November 17, 2020 on 7:00PM-8:30PM

Registration Fee: \$15

Register at: <https://ptrehab.ucsf.edu/physfit-health-wellness-center/payment>

Zoom information will be sent via e-mail within 24-hours of registration.

Questions? Contact us at wellness@ptrehab.ucsf.edu



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