

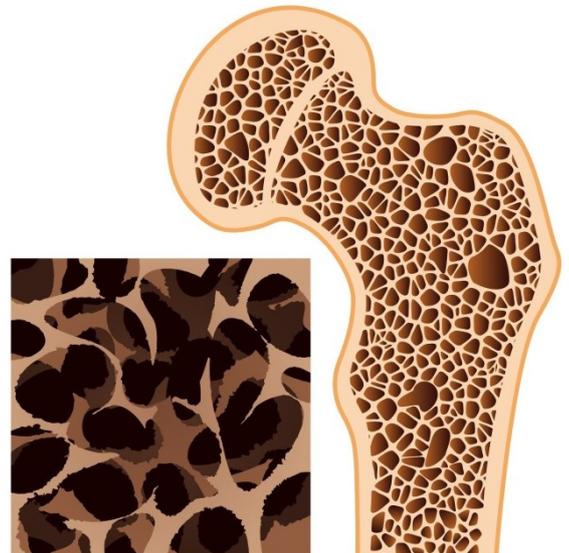
OVER 50 AND DIAGNOSED WITH OSTEOPOROSIS?

Come along to a 'Steady Bones' workshop

This workshop session will help you to understand your condition, learn ways to manage it on a day to day basis, and also gives you information to make the right choices about your treatment, now and in the future.

With expert advice and support from:

- Stepping Hill's Consultant
- Therapist
- Dietitian
- Pharmacist
- Physical activity facilitators
- Third sector organisations
- and the national osteoporosis society



Tuesday 3 October 2017 2:15pm - 4:30pm

Stockport Sports Village

Woodley, SK6 1QX

To reserve your place call 0161 474 2453 / 2134 or
email lucy.webster@stockport.gov.uk

This event is part of Age Friendly Stockport week – see: <https://www.stockport.gov.uk/age-friendly-stockport>