

# AH-NUH-OSS OSTEOPOROSIS DAY

In conjunction with World Osteoporosis Day

**29 October 2019**  
**11.00 am to 3.00 pm**  
**NUH Main Building (Lobby B)**

**Join us to learn more about Osteoporosis  
– from the risk factors to ways of managing it  
through exercise and nutrition.**



**LOVE YOUR  
BONES**

Protect your future

## TALK: HOLISTIC MANAGEMENT OF OSTEOPOROSIS

Venue: Auditorium, Level 4, Dental Centre  
NUH Main Building (Lobby B)

Time: 1.00 pm

### Dr Andre Tan

Associate Consultant, Division of  
Endocrinology, National University Hospital  
and Department of Medicine, Alexandra  
Hospital

### Lynn Teong

Dietitian, National University Hospital

### Chloe Chang

Physiotherapist, National University Hospital

## Visit the stations and learn more!

Venue: Lobby B, in front of NUHCS (Cardiac Centre)

### STATION 1

Introduction to Osteoporosis and Assessment of  
Risk of Osteoporosis and Risk of Fractures

### STATION 2

Nutrition for Strong Bones

### STATION 3

Assessment of Fall Risk and Fall Prevention

### STATION 4

Exercise for Osteoporosis

For more information, contact  
**NUH Health Education Hub** at 6772 2184 or  
**AH General Enquiries** at 6472 2000 or  
email **OSS Secretariat** at [osteoporosis\\_society@themeetinglab.com](mailto:osteoporosis_society@themeetinglab.com)

Jointly organised by:



**Alexandra  
Hospital**



**National University  
Hospital**



**OSTEOPOROSIS  
SOCIETY  
(SINGAPORE)**

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