

In conjunction with World Osteoporosis Day



RGS ALUMNAE-OSS DIGITAL FORUM: BOOST YOUR BONE AND MUSCLE HEALTH

Saturday, 24 October 2020
3.00 PM

[CLICK HERE TO REGISTER](#)

Register before 20 October 2020



Osteoporosis affects at least one in three people over age 50 years, and Singapore has the highest incidence rate of hip fracture of all Asian countries. Despite our ageing population and the increasing number of people suffering osteoporotic fractures, many people lack knowledge about osteoporosis and how to lower their fracture risk.



FACILITATOR
Ms Lee Twe Jeog
President
RGS Alumnae



Dr Chionh Siok Bee
President, Osteoporosis Society (Singapore)
Senior Consultant Division of Endocrinology Department of Medicine National University Hospital (NUH)



Osteoporosis - Why Bone Health is Important

Time: 3.00 PM

Dietary Input by Ms Lin Wen

Dietitian, National University Hospital



Dr Shauna Sim
Sports Medicine Doctor
Khoo Teck Puat Hospital (KTPH)



The Role of Exercise in the Prevention and Treatment of Osteoporosis

Time: 3.30 PM



Ms Mok Ying Rong
Director & Senior Physiotherapist
The Rehab Lab

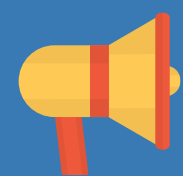


Demo for The Role of Exercise in the Prevention and Treatment of Osteoporosis

Time: 3.50 PM



Ms Foong Poh Mun
Volunteer
Association For Persons with Special Needs' (APSN)



Cooking Demo - Eat for Strong Bones and Muscles

Time: 4.10 PM



Questions and Answers

Time: 4.40 PM

For more information, email
OSS Secretariat at osteoporosis_society@themeetinglab.com

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