



**OSTEOPOROSIS SOCIETY
(SINGAPORE)**

BONE HEALTH CARNIVAL 2019

Date: 2 November 2019 (Sat)
Time: 9.00 am to 1.00 pm
**Venue: Ang Mo Kio Community
 Centre, 795 Ang Mo Kio Ave I,
 Singapore 569976**

\$5 per person; Free for OSS members
 ONSITE registration only



GOODIE BAG

(While stocks last)

JOIN US IN THIS FUN EVENT AND LEARN ALL ABOUT HEALTHY BONES!

9.00 – 10.15	Registration & Visit stations	
10.15-10.45	Osteoporosis and Its Dangers	Dr Chionh Siok Bee
10.45-11.15	Taichi Talk & Demonstration	A/Prof Lau Tang Ching
11.15-12.00	Exercise for Healthy Bones and Muscles by PT & Exercise Demo	Ms Elizabeth Chan
12.00-12.30	Healthy Diet, Healthy Bones talk	Ms Janie Chua
12.30-12.45	Fall Prevention	Ms Suzanne Yew

**Programme subject to change*

How to get there?

- Nearest MRT Station: Ang Mo Kio MRT
- Take bus services: 76, 132, 165, 268
- Walk down AMK ST 23 upon alighting

Visit the stations and learn more!

STATION 1

Introduction to Osteoporosis and Risk of Fractures

STATION 2

Assessment of Risk of Osteoporosis

STATION 3

Food for Strong Bones

STATION 4

Assessment for Fall Risk and Fall Prevention

STATION 5

Physical Assessment for Higher Fall Risk

STATION 6

Ask the Pharmacist

For more information, contact
OSS Secretariat at +65 6346 4402 or email
osteoporosis_society@themeetinglab.com
 or visit **www.osteoporosis.sg**

Held at:



Sponsored by:

