

7<sup>th</sup> Annual  
Osteoporosis  
Public Education  
Forum

*Presented by  
Osteoporosis Canada*



Thursday, November 6<sup>th</sup>,  
2014

9:00 am- 3:00 pm  
(doors open 8:00 am)



**Join Us!**

St. George's Hall  
665 King Street N.  
Waterloo, Ontario  
(2 km north of Contestoga  
Mall on King Street)

A light lunch will be served  
**Donations gratefully  
accepted**

**Registration is required**  
*e-mail:*

kharvey@osteoporosis.ca  
or *Call Toll Free:*  
1-800-463-6842 ext. 2350

# OSTEOPOROSIS, Now What...?



- Dr. Angela Cheung – **Endocrinologist**, Director of Osteoporosis Program, Mt. Sinai Hospital; Chair, Osteoporosis Canada's Scientific Advisory Council.  
"Osteoporosis in 2014"

- Health Care Panel - **"How Do I Speak With You?"**

The panel will feature 4 different health care professionals. They will offer ways to make the most of your time while you are with them. They will also answer all of your questions!

## Meet the Experts:

- Dr. Angela Cheung - **Endocrinologist**
- Dr. Peter Stevenson - **Orthopaedic Surgeon**
- Dr. Mehan - **Family Physician**
- Jennifer Shamblaw - **Registered Dietician**
- Nancy Becker Hallford - **Program Lead/Mentor, Self-Management**  
"Communication 101 – Boot Camp for Patients!"
- Sheila Brien – **Canadian Osteoporosis Patient Network**  
"Living Well With Osteoporosis – A Personal Story..."

**Update on New Exercise Recommendations &  
Bone Fit Professionals**

*Local programs and services on display  
AND a height measurement clinic!*