

Bone HEALTH *after* Breast Cancer



A free educational session for those who have had breast cancer and want to reduce their risk of developing osteoporosis.

In-person classes are on hold because of the pandemic. The presentation can be viewed at www.sharedhealthmb.ca/bhc, click on Education Sessions

WHAT YOU WILL LEARN:

PRESENTERS:

• **BETH SZUCK, RD**

*Registered Dietitian
Breast Health Centre*

• **EMILY HUNTER**

Physiotherapist

• **PAT TROZZO**

*Pharmacist
CancerCare Manitoba*

- What osteoporosis is and how to reduce your risk
- How osteoporosis is diagnosed and how it is treated
- Recommendations for calcium and vitamin D and how to meet them
- What role supplements have and how to choose them
- Exercises to promote strong bones



SCAN ME



FOR INFORMATION AND REGISTRATION, CALL BETH: 204-235-3646.