



National Osteoporosis Month 2021: Take Steps to Help Achieve Good Bone Health

***NOF recommends making doable, daily lifestyle choices to aid
in the prevention of osteoporosis.***

NOF thanks you in advance for helping us to generate awareness and encouraging everyone to learn about the critical importance of good bone health and osteoporosis prevention. This May, NOF will commemorate [National Osteoporosis Month](#) with the launch of new materials showcasing simple steps to promote good bone health. A cornerstone of the initiative is NOF's digital calendar. Thirty-one days of useful "to-dos" that will keep bones strong and help prevent osteoporosis. Please share our free, downloadable resources, tools and information this May and all year long.

National Osteoporosis Month Resource Hub

- <https://www.nof.org/national-osteoporosis-month/>
- The inventory of materials listed are all easily found via the link above.

Webinar: Helping to Prevent and Manage Osteoporosis with Physical Therapy

On April 28 at 1pm EDT, Dr. Garry Kushnir, PT, DPT of NY Physical Therapy & Wellness will discuss some possible causes of osteoporosis, various treatment options, how physical therapy can help improve bone density and the role that strengthening your core, lower extremities and trunk can play in helping to prevent and treat osteoporosis. [Click here to register for the webinar.](#)

Please note that if you are unable to join the webinar, the slides and recording will be available at <https://www.nof.org/national-osteoporosis-month/> shortly thereafter.

Digital Calendar and Flyer

- Digital Calendar: NOF created a handy digital calendar – *Get Bone Strong in May with a Tip Each Day* -- which showcases 31 days of vetted actions, facts and resources that will generate awareness about the importance of good bone health and inspire education leading to behavioral change across one's lifetime. <https://cdn.nof.org/wp-content/uploads/NOM-2021-Calendar.pdf>
- Flyer: NOF designed the Digital Calendar in "flyer form" that folks can post on the home fridge, at work, at the gym, etc. https://cdn.nof.org/wp-content/uploads/NOM_Flyer.pdf

Social Media Toolkit

This May, get social and stay bone strong! NOF's social media toolkit, complete with posts, tweets and images, makes it easy for everyone to spread the news far and wide about the importance of good bone health. <http://www.nof.org/wp-content/uploads/NOM-2021-Social-Media-Toolkit.pdf>

Inspirational Podcast

NOF's CEO Claire Gill will conduct an engaging exchange centered around our online support community with two devoted moderators, Pam Flores and Sarah Purcell. Stay tuned for podcast air date.