



NATIONAL OSTEOPOROSIS MONTH

EVERY DAY IN THE MONTH OF MAY, DO SOMETHING TO STAY BONE STRONG!

1	2
START THE 10,000 STEPS A DAY CHALLENGE	LEARN ABOUT BONE HEALTH BASICS THROUGH BALANCE

3	4	5	6	7	8	9
ARE YOU GETTING ENOUGH CALCIUM?	FACT: UP TO 1 IN 4 MEN AGE 50+ WILL BREAK A BONE DUE TO OSTEOPOROSIS	EAT THE RIGHT FOODS TO BUILD AND MAINTAIN GOOD BONES	FIND A RECIPE THAT FUELS BONE HEALTH	EAT CALCIUM RICH FOODS	BONE BASICS: FACTS ABOUT OSTEOPOROSIS	LEARN ABOUT CALCIUM SUPPLEMENTS AND BONE HEALTH

10	11	12	13	14	15	16
TALK TO YOUR DOCTOR ABOUT MEDICATIONS	EMPOWER YOURSELF AND YOUR FRIENDS WITH THE FACTS	MOVE SAFELY AND PREVENT FALLS	LISTEN AND LEARN ABOUT BONE HEALTH	ASK YOUR DOCTOR THE RIGHT QUESTIONS ABOUT YOUR RISK	DO WEIGHT-BEARING EXERCISES	FRACTURE PREVENTION FOR DAILY ACTIVITIES

17	18	19	20	21	22	23
DO YOU OR A LOVED ONE HAVE OSTEOPOROSIS?	CHECK OUT OUR PODCAST SERIES, HAPPINESS: A KEY FACTOR IN YOUR LIFE	IDENTIFY A HEALTHCARE PROVIDER WHO FOCUSES ON BONE HEALTH	IS IT A COMPRESSION FRACTURE OR A PULLED MUSCLE?	LEARN MORE ABOUT PROGRAMS THAT MAY SAVE YOU MONEY	FUEL OUR MISSION: START YOUR OWN FUNDRAISER	JOIN OUR PATIENT REGISTRY SURVEYING PATIENTS & CAREGIVERS

24	25	26	27	28	29	30
EMPOWER OTHERS BY SHARING YOUR STORY	CONNECT WITH OUR ONLINE COMMUNITY	JOIN A SUPPORT GROUP	CHOOSE OR BECOME A HEALTH PROXY	JOIN OUR AMBASSADORS LEADERSHIP COUNCIL	LEARN WHAT MEDICARE COVERS	LISTEN TO PERSPECTIVES ON CAREGIVING

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PROVIDE EDUCATIONAL MATERIALS TO 31 PATIENTS

FOR MORE INFORMATION, VISIT WWW.NOF.ORG/NATIONAL-OSTEOPOROSIS-MONTH