NATIONAL OSTEOPOROSIS MONTH 2021
GET BONE STRONG THIS MAY WITH A TIP EACH DAY

MAY 2
PEAK BONE MASS PRIMER

MAY 3
THE ABCs OF OSTEOPOROSIS

MAY 4
BONE BASICS: WHAT EVERYONE NEEDS TO KNOW

MAY 5
OSTEOPOROSIS RISK FACTORS

MAY 6
OSTEOPOROSIS: WHAT EVERY MAN NEEDS TO KNOW

MAY 7
YOU ARE WHAT YOU EAT: BUILD STRONG BONES

MAY 8
SIMPLE FACTS RE: CALCIUM & VITAMIN D

MAY 9
SERVE MOM A BONE-HEALTHY BREAKFAST IN BED

MAY 10
CALCIUM & VITAMIN D KEEPS BONES HEALTHY

MAY 11
THE CALCIUM CALCULATOR

MAY 12
BONE-HEALTHY INGREDIENTS

MAY 13
BE A BONE-HEALTHY HOME CHEF

MAY 14
KEEP OSTEOPOROSIS AT BAY: EXERCISE EVERY DAY

MAY 15
WEIGHT-BEARING EXERCISES ROCK

MAY 16
EXERCISE AND BE BONE HEALTHY

MAY 17
MOVE SAFELY TO PREVENT INJURY

MAY 18
SIMPLE STEPS TO PROTECT YOUR SPINE

MAY 19
KEEP YOUR BALANCE

MAY 20
STAND TALL, DON’T FALL

MAY 21
THE DOs & DON'Ts OF DAILY ACTIVITIES

MAY 22
MAKE YOUR HOME A FALL-SAFE HAVEN

MAY 23
FIND A BONE HEALTH SPECIALIST NEAR YOU

MAY 24
A TELEMEDICINE APPT “HOW TO”

MAY 25
ASK YOUR DOCTOR THE RIGHT QUESTIONS

MAY 26
TALK TO YOUR DOCTOR ABOUT MEDICATIONS

MAY 27
TAKE GOOD CARE OF YOU

MAY 28
PATIENT SUPPORT IS JUST A CLICK AWAY

MAY 29
GET INSPIRED: PERSONAL STORIES OF HOPE

MAY 30
MOTIVATING STORIES ABOUT LIVING WITH OSTEOPOROSIS

MAY 31
HELP NOF HELP YOU! JOIN THE PATIENT REGISTRY

VISIT
WWW.NOFO.ORG/NATIONAL-OSTEOPOROSIS-MONTH
TO VIEW EACH DAY’S VALUABLE TIP