WORLD OSTEOPOROSIS DAY IS OCTOBER 20. This digital countdown checklist is an easy way to learn good bone health basics. Get started now!

- **OCT 01**: The countdown begins! Learn about World Osteoporosis Day.
- **OCT 02**: NOF wants to hear from you: join NOF’s healthy bones, build them for life patient registry.
- **OCT 03**: Bone basics is a user-friendly primer.
- **OCT 04**: The man’s guide to osteoporosis is a must read!
- **OCT 05**: Build strong bones by eating the right foods.
- **OCT 06**: 25 ways to prevent falls will help keep your home fall-proof.
- **OCT 07**: Perform everyday activities safely. View these tutorials.
- **OCT 08**: Empower yourself with facts about osteoporosis.
- **OCT 09**: Connect with NOF’s online community for support.
- **OCT 10**: Review valuable information about how to choose a healthcare provider.
- **OCT 11**: Find a recipe that fuels bone health.
- **OCT 12**: Are you getting enough calcium? Find out now.
- **OCT 13**: Join our webinar at 1PM ET to learn how to prevent osteoporosis.
- **OCT 14**: Calcium is essential for good bone health. Here are best choices from A to Z.
- **OCT 15**: Move safely to help prevent fragility fractures.
- **OCT 16**: Get the facts about calcium and vitamin D supplement safety.
- **OCT 17**: Tips for preventing falls.
- **OCT 18**: Visit the National Osteoporosis Foundation’s website frequently to learn more.
- **OCT 19**: Join our webinar at 12PM ET to learn about bone health in the African American community.
- **OCT 20**: Today’s the day! World Osteoporosis Day is here!