



COUNTDOWN TO WORLD OSTEOPOROSIS DAY 2020

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 1P.M. 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 12P.M. ET TO LEARN ABOUT BONE HEALTH IN THE AFRICAN AMERICAN COMMUNITY.

TODAY'S THE DAY! **OCT 20**

WORLD OSTEOPOROSIS DAY IS HERE!

