

INVEST IN YOUR BONE HEALTH



Bone health matters at every stage of life. Leading experts from the **American Society for Bone and Mineral Research** will provide trusted information and actionable tips to help you live stronger, longer, and healthier.



**An Owner's Manual for the Skeleton:
Protecting Your Bones Through Movement, Medicine, and Menopause**
Saturday, October 10
4:30 - 7:00 p.m.
John B. Hynes Convention Center in Boston



HOW TO TALK TO YOUR PHYSICIAN
ABOUT BONE HEALTH



HOW EXERCISE CAN HELP BUILD
AND MAINTAIN STRONGER BONES



HOW TO PROTECT YOUR BONE
HEALTH THROUGH MENOPAUSE



FREE REGISTRATION