Healthy Bones, Build Them for Life® Webinar Series

NOF is offering two free educational webinars to the public this fall. Webinar participants will be able to listen to and view live presentations led by NOF-affiliated health professionals. Participants also have an opportunity to submit questions to the presenter. The first program, Safe Pilates and Yoga for Bone Health is on Thursday, October 20, 2011 at 1 pm Dallas time.

This educational webinar will discuss how individuals at increased risk of breaking a bone can participate safely in Pilates and Yoga classes. Includes Pilates expert Sherri Betz, PT, GCS, CEEAA, PMA (R) Certified Pilates Teacher, and yoga expert Matthew J. Taylor, PT, PhD, RYT.

To register, go to: www.nof.org/webinars

Also on this same page, you can view the previous webinars:

- How Strong Are Your Bones which addresses such questions as - What do my test results mean? What other tests should I have?
- Nutrition for Your Bone Health

World Osteoporosis Day—Unbreakable Embrace Campaign

The National Osteoporosis Foundation is supporting World Osteoporosis Day as a “2:06” site for the Unbreakable Embrace Campaign on October 20, 2011 — and they need our help! The online campaign aims to form a human chain of people of all ages, ethnicities and backgrounds linking arms to support strong bones.

Judy Chandler, NOF Health Education Specialist, says, “Any time you are with your support group, take a picture of the group linking arms. We’ll collect all photos submitted by October 13 and compile them to form a live streaming video that will be uploaded to the World Osteoporosis Day website at 2:06pm on October 20.”

If you’d like to be in our group picture today, please come forward after the meeting.— Jennie