World Osteoporosis Day celebrated in Crowley Park, Richardson

**NOF North Dallas Support Group hosted a Community Walk on October 17, in picturesque Crowley Park, Richardson.** Councilman Mark Solomon welcomed more than 40 participants, volunteers, and guests who came together to highlight the importance of walking regularly to promote bone health.

The Walk was also attended by Colette Cole, MS, Senior Personal Trainer at Cooper Fitness Center. Over $1,000 in raffle prizes were donated by the Cooper Clinic. Expenses for the event were covered in part by a donation from the Dallas Indian Lion’s Club.

Event coordinator, Jennie Image, said, “This was our group’s first osteoporosis awareness walk. It would not have been possible without an awesome crew of volunteers, including Masuma Kaka, Charlotte Webberman, Urielle Thomas, Judith Barnes, Kay Barrett, Judy Zipkes, Pat O’Connor, Rita Clarke, Francine Ghaznavi, Jim Falgout, Tom Naylor and Fakhru Kaka. Rita’s lovely granddaughter, Sarah, picked out the raffle winners.”

Osteoporosis is a public health threat to 44 million Americans, and nearly 3 million of those are in Texas. One in two women age 50 and older and up to one in four men will have a costly and painful osteoporotic fracture in their remaining lifetimes. Women can lose up to 20 percent of their bone mass in the five to seven years following menopause, making them more susceptible to osteoporosis. The good news is that the disease is largely preventable and treatable through a bone healthy lifestyle!

The NOF North Dallas Support Group meets monthly at Methodist Richardson Medical Plaza 1. This is an opportunity for attendees to learn more about osteoporosis and exchange ideas for coping strategies.

For more information, please contact group leaders Jennie Image, 927.965.1467 or Rita Clarke, 972.241.7542. Additional information is available from the National Osteoporosis Foundation, in Washington, DC at telephone 202.223.2226 or on line at www.nof.org

*Pictured are some of the participants eager to begin walking in the morning sunshine – so welcome after the preceding rain storms.*