



# bonefit™ WORKSHOP

Bone Fit™ is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise specialists to provide training on the most appropriate, safe and effective methods to prescribe and progress exercise for people with osteoporosis. Bone Fit™ was created and launched by Osteoporosis Canada in 2010. Learn more about the program at [www.bonefit.ca](http://www.bonefit.ca).



Interactive  
practical learning



Most recent  
recommendations on  
reducing fracture risk



Emphasis on  
exercise program  
safety

## BASICS

Aimed at exercise and fitness professionals working in the community with uncomplicated osteoporosis clients  
1 ½ Day | 1-4 PM Oct 17 & 10 AM-12:30 PM Oct 24 | \$200

## CLINICAL

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients  
2 Day | 1-4 PM Oct 17 & 10 AM-2 PM Oct 24 | \$350

The National Osteoporosis Foundation is hosting this Bone Fit™ USA LIVE virtually on  
October 17<sup>th</sup> & October 24<sup>th</sup>.

To register, visit <https://bit.ly/3kh7QWp>

For more information, please contact: [education@nof.org](mailto:education@nof.org)

