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 https://www.bonehealthandosteoporosis.org/bonefit-usa/.

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 Day | 10:30 AM – 2:30 PM October 21 | $200
2 Day | 10:00 AM – 12 PM October 22

**CLINICAL**

Developed for rehabilitation professionals working in a clinical environment with simple or complex osteoporosis clients

1 Day | 10:30 AM – 2:30 PM October 21 | $350
2 Day | 10:00 AM – 2:30 PM October 22

The Bone Health & Osteoporosis Foundation is hosting this Bone Fit™ USA LIVE virtually October 21-22, 2023. To register, visit: https://tinyurl.com/ywmfw5hy.

For more information, please contact: education@bonehealthandosteoporosis.org

Bone Fit™ is a registered trademark of Osteoporosis Canada.