



World Osteoporosis Day (WOD)

Support Group Curriculum

Recognized on October 20th, WOD is dedicated to raising global awareness of osteoporosis prevention and fracture risk. This curriculum incorporates BHOOF's "Ask the Experts" series, key October events, and patient resource library, helping leaders spark discussions around treatment, nutrition, exercise, and community support. Information can be found on our website here:

<https://www.bonehealthandosteoporosis.org/world-osteoporosis-day/>.

Below are useful resources to refer to:

Medications & Treatments

- **Understanding Osteoporosis Medications: Biologics and Biosimilars**
 - <https://www.bonehealthandosteoporosis.org/wp-content/uploads/BiosimilarInfographic.pdf>
- **Bone Basics | Osteoporosis Medications**
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/Bone-Basics_Osteoporosis-Medicines_update-June-2024.pdf
- **What To Do if You Break a Bone**
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/WhatToDo_Infographic_2page.pdf

Nutrition & Bone Health

- **Nutrition & Bone Health Fact Sheet**
 - <https://www.bonehealthandosteoporosis.org/wp-content/uploads/Sunsweet-Fact-Sheet.pdf>
- **Calcium & Vitamin D**
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/Handout_CalciumVitD.pdf

Exercise & Fall Prevention

- **Safe Movements Brochure**
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/SafeMovement_BHOOF.pdf
- **Safe Movements and Exercise Videos**
 - <https://vimeo.com/showcase/4034464>
- **Exercise for Bone Health**

- <https://www.bonehealthandosteoporosis.org/wp-content/uploads/ExerciseForYourBoneHealth.pdf>
- **Yoga and Pilates Flyer**
 - https://www.bonehealthandosteoporosis.org/wp-content/uploads/SafeYogaFlyer_BHOF_2025_Betz-2025.pdf
 - <https://www.bonehealthandosteoporosis.org/wp-content/uploads/Pilates.pdf>

Caregiver & Community Support

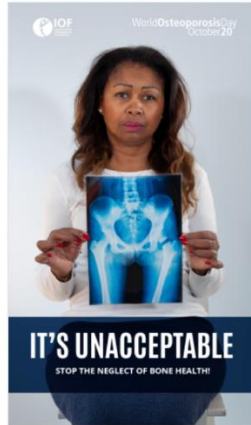
- **Ask the Experts**
 - **Date/Time:** Monday, October 20 – Friday, October 24, 2025
Experts: Patricia Donohue, NP and Tara Knight, DNP
Details: This “Ask the Experts” will take place virtually within the online Bone Health and Osteoporosis Community hosted by Inspire
 - <https://www.inspire.com/groups/bone-health-and-osteoporosis/>
- **Why Healthy Bones Matter™ for People Living with Breast Cancer**
 - **Date/Time:** Tuesday, October 7, 2:00pm-3:00pm ET
Speaker: Peer Educator – Suzan Mekler
Details: Whether you have just been diagnosed, you are currently undergoing treatment, or you are cancer-free, you need to take action to prevent bone loss and fractures. This event brings insights and understanding into how cancer and cancer treatments affect bone health.
 - https://us06web.zoom.us/webinar/register/WN_Inr2OPZRS_SdDTiO3VUHiQ
- **Freedom from Fractures™ (Webinar)**
 - **Date/Time:** Wednesday, October 22, 1:00pm-2:00pm ET
Speaker: Peer Educator – Shelley Miller
Details: Strong bones are the foundation of good overall health, yet bone health issues often go undetected until an unexpected fall leads to a fracture. As we age, fractures can dramatically impact the quality of life, robbing older adults of their independence and leading to other serious health outcomes. You will understand your fracture risk and the next steps to take for better bone health!
 - https://us06web.zoom.us/webinar/register/WN_SHnuT25JQcSu38LBztteuA#/

World Osteoporosis Day Campaign Materials

- Below are official World Osteoporosis Day 2025 campaign materials available for download at www.worldosteoporosisday.org

2025 WOD Campaign

It's Unacceptable!



Banner - Mary



Banner - David



Banner - Emilie

Did You Know?



Re-fractures in Women



Osteoporotic Fractures



The Silent Disease



Re-fractures



Malabsorption



Childhood



1 YEAR AFTER HIP FRACTURE



OSTEOPOROSIS AFFECTS



OSTEOPOROSIS TAKES A HUGE