



# SAY NO TO FRAGILE BONES

Your bones are the precious foundation of your well-being and independence.  
If you've broken a bone after the age of 50 ask for osteoporosis assessment and treatment.



Scan the code!  
Visit the World Osteoporosis Day website.  
[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)



WorldOsteoporosisDay  
October 20