

# TAKE CHARGE of Osteoporosis

## EXPRESSION OF INTEREST

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Other Medical Condition/s: \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Please return this section to:  
Arthritis Tasmania  
19A Main Road, Moonah TAS 7009



19A Main Road  
Moonah TAS 7009  
Tel: 03 6228 4824  
Fax: 03 6228 3486  
Email: [info@arthritistas.org.au](mailto:info@arthritistas.org.au)  
[www.arthritistas.org.au](http://www.arthritistas.org.au)

**Arthritis & Osteoporosis  
Helpline Freecall:  
1800 011 041**

### Declaration of Privacy

The Arthritis Foundation acknowledges and respects the privacy of individuals. This information is being collected for the purposes of processing your application or enquiry, keeping you informed of upcoming events, information and support programs, and assisting us in providing our services and programs. The intended recipient of the information is the Arthritis Foundation. The provision of the information is voluntary, but if not provided, we may be unable to process your application or enquiry. You have a right of access to, and alteration of, personal information concerning yourself in accordance with the Act. Please direct any enquiries you may have to our Privacy Officer.



# TAKE CHARGE of Osteoporosis

Empowering you with the  
knowledge and skills to  
enhance your bone health.





## Have you had a fracture?

## Do you have risk factors for Osteoporosis?

## Do you want to enhance your bone health?

The good news is that there are things that you can do to reduce the risk of fractures and the impact of osteoporosis(OP).

This evidence-based Program includes elements that allow workshop participants to develop an understanding of how bones grow and remodel; and how they can actively enhance their bone health and reduce the risk of fractures.

## Who is this Program Designed For?

The Take Charge of Osteoporosis Program is designed to assist people who:

- have sustained a fracture, and/or
  - have risk factors for Osteoporosis, and/or
  - have a family history of Osteoporosis.
- and who wish to take steps to manage their bone health with confidence.

### PROGRAM OVERVIEW

# TAKE CHARGE of Osteoporosis

This Program will assist you to look at ways that you can safely and effectively enhance your bone health and ultimately improve your quality of life.

The Program will provide you with an opportunity to gain the knowledge, skills and confidence to make positive changes in your life aimed at enhancing your bone health.

## Offered as a Workshop, the Program includes:

- What is Osteoporosis?
- Bone Loss and Fractures
- Diagnosing Osteoporosis
- Getting Enough Calcium
- Vitamin D and Bone Health
- Exercise for Bone Health
- Medicines For Osteoporosis
- Goal Setting – Starting to Make Changes

## Each workshop participant will receive:

- What you need to know about Osteoporosis
- Living Life with Healthy Bones - DVD

The Program follows a self-management approach and involves participants setting goals based on workshop content and their individual needs.

## Arthritis Tasmania is now taking Expressions of Interest for this Program

This allows the workshop facilitator to tailor the Program to the needs of the participants in the group; and to plan sessions based on demand.

To register your *Expression of Interest* for inclusion in a Program, please complete the section on the back of this panel and return it to Arthritis Tasmania.

When we receive your Expression of Interest, we will contact you to discuss your inclusion in a workshop.

## The cost of the Program:

- \$10\* for Members of Arthritis Tasmania
- \$15\* for non Members

\* The Program registration fee is to be paid when you have been offered a place in a Program.

The Program is offered in a small workshop format with participants encouraged to be actively involved in all elements of the Program.

Each participant will have valuable insight into living with pain and will be encouraged to share their thoughts and experiences.

If you have any questions about this Program, please contact our Helpline on Freecall: 1800 011 041