



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.

This evidence-based program includes elements that allow 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?

Arthritis Tasmania
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TAKE CHARGE of Osteoporosis

PROGRAM OVERVIEW

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

Offered as a Workshop, the Program includes:

WORKSHOP ONE

- What is Osteoporosis?
- The Pain Cycle
- Healthy Eating
- Physical Activity
- Pacing and Energy Conservation
- Challenging Pain
- Relaxation
- Goal Setting – Starting to Make Changes

WORKSHOP TWO

- Pain Management – What Works
- Getting Quality Sleep

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 across Tasmania 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 Program.

The cost of the Program (for both sessions) is:

- \$25* for Members of Arthritis Tasmania
- \$50* 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 Arthritis HelpLine on Freecall: 1800 011 041