



Build Bone Strength & Density

Health and Wellness

Tip of the Week
Week 18
May 4, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Get Screened For Osteoporosis

Osteoporosis is a bone disease. With osteoporosis, bones become weak and break more easily if you fall. Osteoporosis screenings may be recommended for:

- Women 50 to 64 who have a parent who has broken a hip
- Women and men 50 or older who have broken a bone

Ask your doctor about having a bone strength test.

Source: Centers for Disease Control and Prevention

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