

# STRONG BONES, STRONG MINDS 2013

## JOIN THE CONVERSATION



Back by popular demand, there will be **TWO Strong Bones, Strong Minds** educational events in Omaha as part of the National Osteoporosis Foundation's Generations of Strength Salon Series.

**Saturday, April 13 from 1:00-2:30 p.m.**

*Boning Up on Osteoporosis and the Promotion of Bone Health Across the Lifespan*, presented by Joan Lappe, RN, Ph.D., Criss/Beirne Professor of Nursing; Professor of Medicine, Osteoporosis Research Center, Creighton University

**Omaha Public Library's Swanson Branch** 9101 W. Dodge Road

Free admission, but registration is required - *Limit 50*

Visit or call the Swanson Branch at (402)444-4852

**Saturday, May 4 from 1:00-2:30 p.m.**

*Osteoporosis Treatment Options*, presented by Mohsen Zena, M.D., Assistant Professor, Endocrinology and Metabolism, Creighton University Medical Center

**Omaha Public Library's Millard Branch** 13214 Westwood Lane

Free admission, but registration is required

Visit or call the Millard Branch at (402)444-4848

### Event Features:

- Enjoy bone healthy treats from Roberts Dairy
- Sign up for a future (and free!) bone density scan (DXA) at Creighton University's Osteoporosis Research Center - *Some restrictions apply*
- Support the National Osteoporosis Foundation and Friends of the Omaha Public Library with the purchase of a \$25 Pearls of Strength® freshwater pearl bracelet - *Ten percent of NOF's sales support the libraries*

Brought to you by:



The National Osteoporosis Foundation is the leading health organization dedicated to preventing osteoporosis and broken bones. NOF is committed to empowering generations of strength by starting conversations about bone health and family health history. Learn more at [www.nof.org](http://www.nof.org)