

NATIONAL OSTEOPOROSIS MONTH 2021

GET BONE STRONG THIS MAY WITH A TIP EACH DAY

MAY 1

NATIONAL
OSTEOPOROSIS
MONTH KICKS
OFF TODAY



MAY 2

PEAK
BONE MASS
PRIMER

MAY 3

THE ABCs OF
OSTEOPOROSIS



MAY 4

BONE BASICS:
WHAT
EVERYONE
NEEDS
TO KNOW



MAY 5

OSTEOPOROSIS
RISK
FACTORS



MAY 6

OSTEOPOROSIS:
WHAT
EVERY MAN
NEEDS
TO KNOW



MAY 7

YOU ARE
WHAT YOU
EAT: BUILD
STRONG
BONES



MAY 8

SIMPLE
FACTS RE:
CALCIUM &
VITAMIN D

MAY 9

SERVE MOM A
BONE-HEALTHY
BREAKFAST
IN BED



MAY 10

CALCIUM &
VITAMIN D
KEEPS BONES
HEALTHY

MAY 11

THE CALCIUM
CALCULATOR



MAY 12

BONE-HEALTHY
INGREDIENTS



MAY 13

BE A
BONE-HEALTHY
HOME CHEF



MAY 14

KEEP
OSTEOPOROSIS
AT BAY:
EXERCISE
EVERY DAY

MAY 15

WEIGHT-
BEARING
EXERCISES
ROCK



MAY 16

EXERCISE
AND BE
BONE
HEALTHY



MAY 17

MOVE SAFELY
TO PREVENT
INJURY



MAY 18

SIMPLE
STEPS TO
PROTECT
YOUR
SPINE



MAY 19

KEEP
YOUR
BALANCE



MAY 20

STAND TALL,
DON'T
FALL



MAY 21

THE DOs &
DON'Ts OF
DAILY
ACTIVITIES

MAY 22

MAKE YOUR
HOME A
FALL-SAFE
HAVEN



MAY 23

FIND A BONE
HEALTH
SPECIALIST
NEAR YOU

MAY 24

A TELEMEDICINE
APPT
"HOW TO"



MAY 25

ASK YOUR
DOCTOR
THE
RIGHT
QUESTIONS



MAY 26

TALK TO
YOUR
DOCTOR
ABOUT
MEDICATIONS



MAY 27

TAKE GOOD
CARE OF YOU



MAY 28

PATIENT
SUPPORT
IS JUST
A CLICK
AWAY



MAY 29

GET INSPIRED:
PERSONAL
STORIES
OF HOPE

MAY 30

MOTIVATING
STORIES ABOUT
LIVING WITH
OSTEOPOROSIS

MAY 31

HELP NOF HELP
YOU! JOIN THE
PATIENT
REGISTRY