![KCS - Kogarah Community Services logo]

Healthy Bone & Osteoporosis Information Session

KCS has organised sessions through the Combined Pensioners & Superannuants Association to deliver an information session on Healthy Bone & Osteoporosis.

Osteoporosis is a chronic bone disease affecting over 1.2 million Australians and leading to over 173,000 broken bones each year.

During the session the speaker will cover the information below:

- Normal bone function
- Causes of bone loss
- Who gets osteoporosis?
- Risk factors of osteoporosis
- Diagnosing osteoporosis
- Preventing osteoporosis

Community Engagement

📅 **27th of March 2025 | 11.30 am to 12.30 pm**

💲 **FREE**

📍 **KCS Community Hub, 49 English St Kogarah**

📞 **Book your interest online or call KCS on 9553 6506**

EXPRESSION OF INTEREST

www.kogarahcommunity.org.au/events

Venue is wheelchair accessible.
KCS is a registered member of the Australian Institute of Intergenerational Practice