

OSTEOPOROSIS AWARENESS & PREVENTION MONTH 2022

THIS MAY, EXERCISE TO MAXIMIZE YOUR BONE HEALTH
WITH HELPFUL INFO EVERY DAY

MAY 1

OSTEOPOROSIS
AWARENESS &
PREVENTION
MONTH KICKS
OFF TODAY

MAY 2

THE ABCs
OF
OSTEOPOROSIS



MAY 3

PEAK
BONE
MASS 101

MAY 4

EXERCISE AND
NUTRITION FOR
GOOD BONE
HEALTH



MAY 5

OSTEOPOROSIS:
WHAT EVERY MAN
NEEDS TO KNOW



MAY 6

FIND A BONE
HEALTH SPECIALIST
NEAR YOU



MAY 7

MUST-KNOW INFO
FOR CAREGIVERS



MAY 8

HAPPY
MOTHER'S DAY:
ENJOYABLE &
EFFECTIVE
EXERCISE

MAY 9

WALKING/
RUNNING FOR BONE
HEALTH WEBINAR



MAY 10

7 WAYS TO
PREVENT
BONE LOSS

MAY 11

STAYING
STRONG,
VIBRANT & FULL
OF ENERGY
AFTER AGE 50

MAY 12

VOICES OF
OSTEOPOROSIS:
A YOUNG MAN'S
STORY OF HOPE

MAY 13

SAFE MOVEMENT
& EXERCISE
VIDEO SERIES



MAY 14

KEEP
OSTEOPOROSIS
AT BAY:
EXERCISE
EVERY DAY

MAY 15

WEIGHT-BEARING
EXERCISES ROCK



MAY 16

EXERCISE & BE
BONE HEALTHY



MAY 17

MINDFUL
MOVEMENT
FOR ALL AGES
WEBINAR

MAY 18

MOVE SAFELY TO
PREVENT INJURY



MAY 19

STAY STEADY, KEEP
YOUR BALANCE



MAY 20

ENCOURAGING
STORIES ABOUT
LIVING WITH
OSTEOPOROSIS



MAY 21

SIMPLE STEPS
TO PROTECT
YOUR SPINE



MAY 22

THREE OSTEO-
STRONG EXERCISES
FOR BONE
STRENGTHENING
& BALANCE

MAY 23

BONE HEALTHY
ADVICE: EXERCISE,
NUTRITION,
MINDFULNESS
WEBINAR

MAY 24

HELP BHOF
HELP YOU!
JOIN THE PATIENT
REGISTRY

MAY 25

ASK YOUR
DOCTOR THE
RIGHT QUESTIONS



MAY 26

LEARN FROM
OTHERS: JOIN
BHOF'S SUPPORT
COMMUNITY



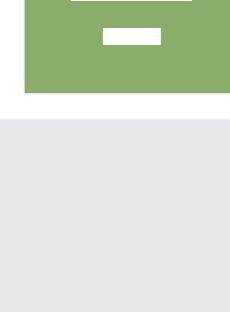
MAY 27

NIH'S GUIDE
TO EXERCISE
FOR BETTER
BONE HEALTH



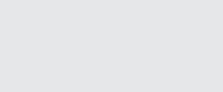
MAY 28

BHOF'S PATIENT
RESOURCE SHEET



MAY 29

A VARIETY OF
INSPIRATIONAL
NARRATIVES



MAY 30

THIS
MEMORIAL DAY,
REMEMBER
TO TAKE GOOD
CARE OF YOU!

MAY 31

DE-STRESSING IN
NATURE FOR
BONE HEALTH
WEBINAR

