

RUTGERS

New Jersey Agricultural
Experiment Station

▪ Cooperative Extension

Strong Bones for a Lifetime (Osteoporosis Prevention)



Featured Speaker:

Dr. Kathleen Morgan

Rutgers University
Family & Community Health Sciences Professor



Osteoporosis means “porous bone,” and looks like low bone mass related to your skeleton. In the United States, 54 million people have osteoporosis and low bone mass, placing one in two women and one in four men over the age of 50 at increased risk for fracture. Fractures often result in a decreased quality of life, limited mobility and the potential need for nursing home care.

Strong Bones for a Lifetime is an educational program for individuals to learn more about the prevention, management and treatment of osteoporosis. This program will educate individuals on how to prevent fractures and how to maintain or build stronger bones.

**Tuesday, June 4, 2019
11:00 - 12:30 PM**

**Location: Rutgers Cooperative Extension of Ocean County
1623 Whitesville Road
Toms River, NJ 08755**

**Please register by Friday, May 31st, by contacting
Kelly Jurgensen (kjurgensen@co.ocean.nj.us, 732-349-1247)**



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