

Living with osteoporosis

A FREE educational event for people who have been newly diagnosed

Date: Thursday 23rd June 2016

Time: 1:30 - 4:30pm

**Venue: Himsworth Hall, Postgraduate Department
Medical Education Centre, Northwick Park Hospital
Watford Road, Harrow, Middlesex, HA1 3UJ**

1:30pm Welcome and introductions

Olivie Dunlea

Chairperson, Middlesex National Osteoporosis Society Support Group

1:45pm An overview of osteoporosis and treatments

Dr Claire Batten, Rheumatologist

London North West Hospital NHS Trust

2:30pm Exercise and osteoporosis

Christina Scorringle

Clinical Specialist Physiotherapist in Rheumatology

London North West Hospital NHS Trust

3:15pm Diet and nutrition

4:00pm How the National Osteoporosis Society can support you

Stella Scrivener, Regional Development Manager

National Osteoporosis Society

4:15pm Summary - meeting ends

Olive Dunlea

Places are limited so please book early

To book your place please contact:

Stella Scrivener

National Development Manager

National Osteoporosis Society

Tel: 07515 574780

Email: s.scrivener@nos.org.uk