



# Event Details

Printed on 3 May 2024  
by

Event:	HWB161717 - Building and Maintaining Healthy Bones
Subject:	
Event Overview:	One in four men and one in two women over 50 will develop a fracture due to Osteoporosis in their lifetime. However poor bone health is not an inevitable consequence of getting older. Eating right and exercising can help maintain and build healthy bones
Event Objectives:	To help participants understand what food and lifestyle steps they can take to prevent osteoporosis or maintain and improve bone density.
Event Content:	<ul style="list-style-type: none"><li>* What is osteoporosis</li><li>* How can I check my bone health?</li><li>* Foods to eat and avoid to build better bones</li><li>* How to exercise safely</li><li>* Do I need to supplement?</li><li>* Top tips for building better bones</li></ul>
Notes:	
UCD Instructor:	
Instructor (External):	Heather Leeson, Glenville Nutrition
Building:	John Hume Institute for Global Irish Studies
Room:	Seminar Room 1 - NOTE CHANGE OF VENUE
When:	13.00 on 22-Mar-17 for 1 hours