



# SAY NO TO FRAGILE BONES

Your bones are the precious foundation of your well-being and independence.  
Could you be at risk of osteoporosis? Take the Risk Check.



Scan the code!  
Take the IOF Osteoporosis Risk Check  
[www.riskcheck.osteoporosis.foundation](http://www.riskcheck.osteoporosis.foundation)



WorldOsteoporosisDay  
October 20