

*Exercise Prescription to Reduce Osteoporosis and Fracture Risk*

## THE CRITICAL ROLE OF NURSES

90% of hip fractures result from a fall<sup>1</sup>

Exercise is recommended both to maintain bone health and reduce falls<sup>2</sup>



**A 1.5-hour workshop to improve patient outcomes in osteoporosis**

**SPEAKERS**

**Professor Robin Daly**

Chair of Exercise & Ageing  
Deakin University

**Mrs Sarah La Cava**

REFRAME Nurse  
Webinar Chair

**TUESDAY 28 SEPTEMBER, 2021**

**National Webinar**

QLD (AEST) 7-8.30pm

Log-in details will be emailed prior to the meeting.

See registration website for full agenda details.

## WHY YOU SHOULD ATTEND:

- ▶ Gain practical insights into exercise and ageing
- ▶ Identification of falls and fracture risk factors
- ▶ Benefits of exercise in osteoporosis
- ▶ Recommended exercises for osteoporosis.

A CERTIFICATE WILL BE PROVIDED FOR YOUR CPD RECORDS



SECURE YOUR PLACE  
REGISTER NOW

[www.criticalnursesop.com.au](http://www.criticalnursesop.com.au)

Please RSVP by  
23 September 2021

This is a professional medical education event for invited nurses only. This workshop runs in conjunction with the GP *Critical Consultations in Osteoporosis* meeting series.

**Any questions? Please contact Tim Williams on 0448 647 373**

REFERENCES: 1. Close JTC. *IBMS BoneKEy* 2009;6:368-84. 2. Milat F, Ebeling PR. *Med J Aust* 2016;205:185-90.



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