



Come along to a 'Steady Bones' workshop

This workshop session will help you to understand your condition, learn ways to manage it on a day to day basis, and also gives you information to make the right choices about your treatment, now and in the future.

With expert advice and support from:

- Stepping Hill's Consultant
- Therapist
- Dietitian
- Pharmacist
- Physical activity facilitators
- Third sector organisations
- and the national osteoporosis society



Tuesday 3 October 2017 2:15pm - 4:30pm **Stockport Sports Village** Woodley, SK6 1QX

To reserve your place call 0161 474 2453 / 2134 or email lucy.webster@stockport.gov.uk

This event is part of Age Friendly Stockport week – see: https://www.stockport.gov.uk/age-friendly-stockport



Stockport Together is a partnership between NHS Stockport Clinical Commissioning Group, Pennine Care NHS Foundation Trust (mental health services), Stockport Metropolitan Borough Council, Stockport NHS Foundation Trust (Stepping Hill hospital and community health services) and Viaduct Health (a federation representing all Stockport GPs)