

SHE BENT OVER TO PICK UP HER BABY
AND BROKE HER BACK



That's osteoporosis

Seventeen years ago, Christine sustained five spinal fractures as a result of severe osteoporosis. Today, she manages the pain and disease with help from Osteoporosis Canada.

www.worldosteoporosisday.org



World **Osteoporosis** Day
October **20**