



Bone Health Education and Support Group

Join us each month for informative presentations by leading experts about the latest discoveries in the prevention, diagnosis and treatment of osteopenia and osteoporosis. You will have the opportunity to ask questions and talk with others who share your interest in bone health.

San Diego Osteoporosis Education and Support Group

Date

First Wednesday of every month at noon

Location

UC San Diego Health – La Jolla
Thornton Hospital, 3rd floor
SDG&E Room 3-102

All meetings are free and open to the public.

UC San Diego Health supports the National Osteoporosis Foundation San Diego by hosting its Support Group, which offers education, information, encouragement and support to people who are affected by osteoporosis and/or osteopenia, or would like to learn more about these conditions.

An affiliate of the National Osteoporosis Foundation (NOF), the group has pledged to support the organization's goals of:

- Providing accurate, up-to-date osteoporosis information to patients, as well as to family members and caregivers, as appropriate.
- Creating opportunities for affected persons to share concerns, problems and coping strategies with the goal of better managing their condition.

For questions, please call [858-657-1636](tel:858-657-1636) or email hhofflich@ucsd.edu.