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 these experts questions and to talk with others who share your interest in bone health.

San Diego Osteoporosis Education and Support Group
1st Wednesday of every month
Noon
Thornton Hospital, 3rd floor
SDG&E Room 3-102
All meetings are free and open to the public.

The mission of the National Osteoporosis Foundation San Diego Support Group is to meet regularly and offer education, information, encouragement and support to people who are affected by osteoporosis and/or osteopenia, or would like to learn more about osteoporosis.

The group is an affiliate of the National Osteoporosis Foundation (NOF), and has pledged to support the organization’s goals of: (1) providing accurate, up-to-date osteoporosis information to patients, as well as to family members and caregivers, as appropriate; and (2) creating opportunities for affected persons to share concerns, problems and coping strategies with the goal of better managing their condition.

For questions or to RSVP, please contact Heather Hofflich, DO, at hhofflich@ucsd.edu or 858-657-7236.