



FOR IMMEDIATE RELEASE
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Freedom from Fractures Bone Health Workshop

New Braunfels, TX - The New Braunfels Public Library will join the American Bone Health organization to provide a Freedom from Fractures Bone Health Workshop at 2:00 p.m. on Monday, July 10th.

“Two million preventable bone fractures occur each year,” commented Holly Mullins, a Peer Educator Volunteer with American Bone Health. “Freedom from Fractures is a national screening event to help those 45 and over reduce their risk of breaking a bone. We do not perform bone density scans, but calculate your risk of fracture based on age, health history, medications and other parameters. We then discuss steps for better bone health, including nutrition; strength and balance exercises; fall prevention; and a follow-up with your health care provider if warranted.”

American Bone Health is a non-profit organization dedicated to raising awareness on osteoporosis and educating the public on how to build and maintain healthy bones for life. The 5th Annual Freedom from Fractures Awareness Week is July 8th-14th.

Each consultation is about 20 minutes long, so those wishing to participate should call or go online to the library’s calendar (<http://nbtexas.libcal.com/event/3395140>) to sign up ahead of time for their time slot.

This program is free and made possible with the support of The Friends of the New Braunfels Public Library, Inc.

For more information about the program, call the library at 830-221-4300.

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