



**Irish  
Osteoporosis  
Society**

## Presentation On Osteoporosis

**Did you know that  
Osteoporosis affects males & females?**

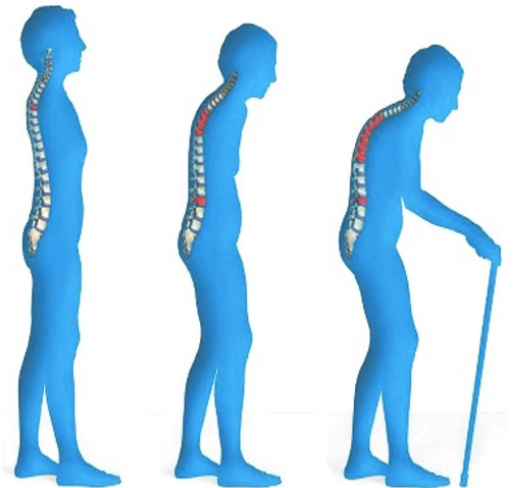
**Did you know that people can improve their bone health?**

**When:**

**Wednesday 10<sup>th</sup> of May 2023**

**Where:**

**Nephin Room, Hotel Ballina ,  
N26, Dublin Road, Ballina,  
Mayo F26XP3**



**Time: 1<sup>st</sup> presentation 2pm to 3.45 pm**

**2<sup>nd</sup> Presentation 6pm to 7.45 pm**

**FYI: The same presentation will be given at both times; the later one is scheduled to accommodate those who work during the day.**

**Speakers:**

**Michele O'Brien, CEO of the Irish Osteoporosis Society is speaking about bone health**

**Aoife NI Eochaidh Chartered Physiotherapist is speaking on Men's/Women's Pelvic & Bladder & Bowel Health. Aoife will address incontinences issues post prostatectomy.**

**Entry fee: €10 donation at the door, all donations go to the Irish Osteoporosis Society Charity  
Kindly sponsored by The Ballina Hotel**

**Kindly promoted by Tommy Marren of Midwest Radio**