

## Presentations on Osteoporosis, Men's & Women's Health & Exercise

Did you know that people in their 90's have improved their bone health?

Did you know that all women lose bone going through and 10 years post menopause?

Did you know that there are approximately 200 causes of bone loss, stress being just one?

Did you know that 50% of women and 25% of men will lose excessive bone?

Did you know that 75% of people with incontinence can resolve this issue?

Did you know that those with bone loss should be individually assessed for exercise?

### When:

**Tuesday 7th May 2024**

### Where:

**Talbot Hotel Stillorgan, Dublin,  
A94V6K5**

### Registration 5.30pm to 6pm

**1<sup>st</sup> Presentation: Aoife Ni Eochaidh - 6pm-6.20pm**

**2<sup>nd</sup> Presentation: Michele O'Brien - 6.20pm-6.40pm**

**Tea & Coffee 6.40pm-7pm**

**3<sup>rd</sup> Presentation: Aidan Woods - 7pm-7.10pm**

**Q & A session from 7.10pm - 8.30pm**

**- Professor Moira O'Brien & all speakers will be answering your queries**

**Aoife Ni Eochaidh** Chartered Physiotherapist is speaking on "Men's & Women's Health"

**Michele O'Brien** CEO of the Irish Osteoporosis Society (IOS) is speaking on the "The Essentials of Osteoporosis"

**Aidan Woods** Chartered Physiotherapist is speaking on "Why individual assessment for exercise is critical for those with bone loss"

**There will be a raffle with multiple prizes** – Examples - Afternoon tea in the Talbot hotel for 2, A one night free stay in the Alex Hotel in Dublin for 2 with Breakfast, A voucher for Michaels or Little Mikes restaurant in Mount Merrion.

**Entry fee:** Free for IOS members - €25 donation at the door for non IOS members

Donations go towards paying for this event and towards the Irish Osteoporosis Society services - Places are limited, make sure to secure your place early

**Booking – Preferably please go onto the Charity website shop to donate €25 and reserve your place. Type Dublin Talbot talk" in the message box.**

**Or email [events@irishosteoporosis.ie](mailto:events@irishosteoporosis.ie) or phone 01 637 5050**