



World Osteoporosis Day event

By the National experts in Osteoporosis

“What you need to know about your Bone Health “

Donate to secure your place today

When Tuesday 20th October 2026

Where The bar room in Kilmacud Crokes (Glenalbyn), Glenalbyn, Stillorgan, Dublin **A94 E7K8** - FREE parking

6.00pm – 6.30 pm – Registration -Tea and Coffee - Raffle tickets sold

6.30 pm - 7.00 pm - Michele O'Brien – CEO of the Irish Osteoporosis Society **“What you need to know about your Bone Health “**

7pm – 7.10 pm Mini break & Raffle tickets sold

7.10pm – 7.20pm – **Raffle takes place**

7.20 pm –7.35 pm – Mr Charlie Munson Chartered Physiotherapist (USA) **“Preventing Falls is essential for all of us”**

7.35pm – 8.30pm Question and Answer session with Professor Moira O'Brien, Osteoporosis Consultant, Michele O'Brien and Charlie Munson

Free entry for Irish Osteoporosis Society Charity members

This is a Charity fundraising and awareness event

Entry fee for non-charity members: €50 donation, all donations go to the Irish Osteoporosis Society Charity. **All speakers are donating their time to the charity.**

Registration is essential – Please donate to register preferably on the charity shop, (under “how can you help” on our website www.irishosteoporosis.ie

Donate €50 on the Irish Osteoporosis Society website shop - type “Dublin Kilmacud event 20th October”, into the message box **Or** phone 01 637 5050

Did you know that Calcium and Vitamin D supplements ARE not treatments for bone loss? Did you know that 1 in 4 men and 1 in 2 women are affected by bone loss? **The Charity has two staff to cover Ireland and depends on donations to keep its services running. If you are unable to attend this event, would you be in a position to make a donation to the charity?**