

Volunteers Needed
For Osteoporosis Prevention Education

Bone Builders Volunteer Training

June 10 and June 11, 2010

Time:

June 10, Thursday

8:15 a.m., Registration

8:30 a.m.—4:30 p.m.

June 11, Friday

8:30 a.m.—3:00 p.m.

**Both days
required**

Phoenix Location:

The University of Arizona
College of Medicine

7th Street and Van Buren, Phoenix

Phone: 602-827-8200, ext. 316

Email: epazono@cals.arizona.edu

Tucson Location:

Contact Linda Block

Phone: 520-626-5161, ext. 105

Email: lblock@cals.arizona.edu

Registration Fee:

\$60.00 for in-state volunteers

\$100.00 for out-of-state volunteers & non-volunteers

Registration fee includes training notebook, t-shirt, exercise band and meals.

Make check payable to: University of Arizona.

Mail check to Sharon Hoelscher Day, University of Arizona Cooperative Extension, 4341 E. Broadway Rd., Phoenix, AZ 85040.

Applications are available on-line at
www.bonebuilders.org under "volunteers".



Learn About:

Calcium

Non-Dairy Calcium

Supplements

Weight-Bearing Exercises

Screening and Treatment

Teaching Others



Arizona's First University.

Do you know that a woman's chances of suffering from an osteoporosis-related fracture are greater than her chances of breast, cervical, and uterine cancer combined?

Are you worried about building strong bones for a lifetime?
Do you think you don't have to worry about it yet?

NOW is the time to take charge of your bone health and learn how to help others build stronger bones for a lifetime!

Osteoporosis is PREVENTABLE!!

Not getting enough calcium and weight bearing exercise, especially at an early age, can cause osteoporosis. Osteoporosis is a disease that causes fractures, disability and possibly death for 1 in 2 women and 1 in 8 older men.

Bone Builders is an osteoporosis education program targeting adult women, plus older men!

What YOU can do to HELP:

- Become a Bone Builders Volunteer Educator.
- Attend a 2-day Bone Builders training provided by the University of Arizona Cooperative Extension. Learn about osteoporosis, high calcium sources, exercises to build bone density, screening, treatment and how to teach others.
- Share the important information with the women where you live, work, and play.

Bone Builders provides training and materials.

Your Responsibilities:

- Share the osteoporosis prevention information with your community.
- Do 5 - 6 activities per year – presentations, newsletter articles, health fairs and posters.
- Keep records and report on activities (quarterly).
- Read bi-monthly newsletter and attend regular update meetings.
- A few hours a month can make a difference in your bone health and the health of others.

Bone Builders Partners: University of Arizona Cooperative Extension and College of Public Health; Arizona Osteoporosis Coalition; Arizona Nutrition Network; the Dairy Council of Arizona; Maricopa County Department of Public Health Service - Office of Nutrition Services; Banner Healthcare Network; Arizona Department of Health Services; and other community groups.

If you have questions concerning access, wish to request a sign language interpreter or accommodations for a disability, please contact Mary Conner at 602-827-8200 or email mconner@cals.arizona.edu

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