



Province-wide solutions.
Better health.



BC Women's Hospital & Health Centre, an agency of the Provincial Health Services Authority, provides services for pregnant women, newborns and women with specialized health needs from across the province. BC Women's is an academic health centre affiliated with the University of British Columbia, Simon Fraser University, and the Women's Health Research Institute. For more information, please visit www.bcwomens.ca.

The Provincial Health Services Authority (PHSA) plans, manages and evaluates selected specialty and province-wide health care services across BC, working with the five geographic health authorities to deliver province-wide solutions that improve the health of British Columbians. For more information, please visit www.phsa.ca.

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MEDIA RELEASE

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New comprehensive Osteofit resource launched on the web

Vancouver, B.C. – Osteofit is pleased to announce the launch of its new web site at www.osteofit.org. Osteofit offers a safe exercise and education program for those with osteoporosis and osteopenia and those at risk of falling. It is specially designed by clinical experts for those who require a gentle strength, balance, and coordination program.

Osteofit was developed in consultation with the Osteoporosis Program at BC Women's Hospital & Health Centre, an agency of the Provincial Health Services Authority, with funding provided by the Royal Bank Foundation.

The program's goals are to improve participants' ability to carry out day-to-day activities, increase confidence and independence, and improve quality of life while reducing the risk of falls and fractures.

The new comprehensive website offers information for participants, instructors, community facilities, and health care professionals. For example:

- Participants can get information on the program, how it works, benefits, and where to find classes.
- Instructors interested in becoming a registered Osteofit instructor can find information about Osteofit training courses.
- Coordinators of community facilities interested in enhancing their services and programs can learn more about implementing Osteofit classes at their centres.
- Health care professionals can visit the site to learn about how this research-based program can become an integral part of their patients' health and wellness.

To learn more about Osteofit, or to find classes in your area, check out the new site at www.osteofit.org.