

OSTEOFIT Continuing Education Instructor Workshop *Nutrition for Optimal Bone Status*

Presented by Sadia Badiei, Dietitian, BC Women's Hospital & Health Centre.

Strong bones are crucial to good health, and good nutrition is crucial to strong bones. This workshop will review: dietary requirements and key sources for calcium and Vitamin D; the stance on supplements including what kind, how much and possible side effects of taking too much; and commonly asked questions including suitable dairy alternatives, the concerns surrounding soy products, effects of caffeine and carbonated beverages on bones, and alkaline/acid diets.

This workshop is open to all Osteofit instructors. This session was recorded by Mediasite on December 11, 2017.

1.5 BCRPA continuing education credits.

Fee: Osteofit Instructors _____ No cost
Others _____ \$35.00

Date of last Osteofit ICE: _____

PLEASE PRINT CLEARLY

Name: _____ BCRPA ID # _____

Address: _____

City: _____ Postal Code _____ Phone: _____

Email _____

For more information and credit card payment contact:

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