

BC Women's Menopause and Midlife Health Program presents:

# Hard facts about soft bones: Menopause and bone health

With Dr. David Kendler

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- How do hormone changes in menopause affect bone health?
- Who needs a bone density test?
- Can medication help? When and for whom is it appropriate?
- What is the role of calcium, vitamin D, and exercise in maintaining bone health?

**Date: Tuesday, May 26, 2026**

Location: Online webinar

Time: 5 p.m. to 6 p.m. PDT

Scan the QR code and register to attend:



<https://bit.ly/BCWHmay26>

