

## 1 Overview

eBoneHealth is an online education programme focussing on **bone health, falls awareness** and **osteoporosis**. It has been developed to give you an understanding of the importance of good bone health throughout life – childhood to older age. It also includes an introduction to falls awareness and an overview of osteoporosis, looking at its prevention, diagnosis and treatment.



Bone Health

Falls Awareness

Osteoporosis

## Meet the bone health family

2



Jack



Graham



Catherine



Helen

The '**Bone Health Family**' comprises of 9 people of differing ages – meet them and learn about how they manage their own bone health.

## 3 Visit the family

You can freely access the **4** differing sections of the programme at [www.bonehealth.co](http://www.bonehealth.co). Other resources are also available from the web site.

### Associated web sites

[www.bonehealth.co](http://www.bonehealth.co)

[www.happybones.ie](http://www.happybones.ie)

[www.foreverautumn.co](http://www.foreverautumn.co)

