



# SAY NO TO FRAGILE BONES

Your bones are the precious foundation of your well-being and independence.  
Prevent osteoporosis - Stay unbreakable.



Scan the code!  
Visit the World Osteoporosis Day website.  
[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)



WorldOsteoporosisDay  
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