

YOUR FRACTURE JOURNEY



To learn more, visit:
osteostategy.on.ca/YFJ

ONTARIO
:Osteoporosis
Strategy

OSTEOPOROSIS

Have you broken
a bone from a **slip,**
trip or **fall**?

Use this online tool
in your fracture journey
to learn about:

- Why you may have broken a bone
- How to reduce your risk of breaking another bone
- How to manage your pain after a broken bone
- More resources to help you in your journey



SCAN ME

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