



Best Bones Forever!

The new **Best Bones Forever!** national campaign started fall 2009! Through new materials, web site, media outreach, and the help of our partners, the Pinal County BBF Partnership will encourage and motivate girls and their BBFs to build strong bones together. The message of the new campaign is "Older than 9? Now's the time" to emphasize the importance of girls ages 9-18 building strong bones through increased calcium and vitamin D and physical activity.

www.bestbonesforever.org

facebook.com/bestbonesforever/



One way for teens and their families to get health is to learn together. **BodyWorks** provides 10 sessions for parents and caregivers to interact with other parents, learn, and practice ways to make a healthy home. 10 sessions for girls to learn, interact, and practice fun ways to be healthy. Because strong girls become strong women!! The Pinal County Partnership will be offering **free BodyWorks** classes Jan. - April, 2010 in Casa Grande, Apache Junction and Maricopa, Arizona.

www.ag.arizona.edu/maricopa/fcs/BBF/default.html

Best Bones Forever Partners

Arizona Osteoporosis Coalition	fitbones.org
University of Arizona Cooperative Extension	extension.arizona.edu
UACE Pinal County	extension.arizona.edu/pinal
UACE Maricopa County	cals.arizona.edu/maricopa/fcs/
Bone Builders	www.bonesbuilders.org
City of Casa Grande Parks and Recreation	www.casagrandeaz.gov
City of Apache Junction Parks and Recreation	www.ajcity.net
City of Maricopa Parks and Recreation	www.maricopa-az.gov/
Greater Valley Area Health Education Center	www.gvahec.com/gvahec/
Empowerment Systems, Inc.	www.emsysonline.com
Funded by Department of Health and Human Services, Office of Women's Health	www.womenshealth.gov/owh/

Contact Pinal County Best Bones Forever: Esther Turner - eturner@cals.arizona.edu or (520) 836-5221, x211
Arizona Osteoporosis Coalition (AZOC): Kitty Woodward, (602) 749-1008

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