

**Volunteers Needed**  
For Osteoporosis Prevention Education

**Bone Builders Volunteer Training**

**April 23rd and 24th, 2009**

**Time:**

April 23

8:15 a.m., Registration  
8:30 a.m.—4:30 p.m.

April 24

8:30 a.m.—3:00 p.m.

**Both days  
required**

**Location:**

The University of Arizona  
Cooperative Extension — Maricopa County  
Palo Verde Meeting Room  
4341 East Broadway Rd.  
Phoenix, AZ 85040

Phone: 602-827-8200, ext. 316

Fax: 602-827-8292

Email: epazono@cals.arizona.edu

**Registration Fee:**

**\$60.00** for in-state volunteers

**\$100.00** for out-of-state volunteers & non-volunteers

Registration fee includes training notebook, t-shirt, exercise band and meals.

**Make check payable to: University of Arizona.**

Mail check to Sharon Hoelscher Day, University of Arizona Cooperative Extension, 4341 E. Broadway Rd., Phoenix, AZ 85040.

Applications are available on-line at  
[www.bonebuilders.org](http://www.bonebuilders.org) under "volunteers".



**Learn About:**

Calcium

Non-Dairy Calcium

Supplements

Weight-Bearing Exercises

Screening and Treatment

Teaching Others



Arizona's First University.

**Do you know that a woman's chances of suffering from an osteoporosis-related fracture are greater than her chances of breast, cervical, and uterine cancer combined?**

Are you worried about building strong bones for a lifetime?  
Do you think you don't have to worry about it yet?

**NOW** is the time to take charge of your bone health and learn how to help others build stronger bones for a lifetime!

## Osteoporosis is PREVENTABLE!!

Not getting enough calcium and weight bearing exercise, especially at an early age, can cause osteoporosis. Osteoporosis is a disease that causes fractures, disability and possibly death for 1 in 2 women and 1 in 8 older men.

Bone Builders is an osteoporosis education program targeting adult women, plus older men!

### What YOU can do to HELP:

- Become a Bone Builders Volunteer Educator.
- Attend a 2-day Bone Builders training provided by the University of Arizona Cooperative Extension. Learn about osteoporosis, high calcium sources, exercises to build bone density, screening, treatment and how to teach others.
- Share the important information with the women where you live, work, and play.

**Bone Builders provides training and materials.**

### Your Responsibilities:

- Share the osteoporosis prevention information with your community.
- Do 5 - 6 activities per year – presentations, newsletter articles, health fairs and posters.
- Keep records and report on activities (quarterly).
- Read bi-monthly newsletter and attend regular update meetings.
- A few hours a month can make a difference in your bone health and the health of others.

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**Bone Builders Partners:** University of Arizona Cooperative Extension and College of Public Health; Arizona Osteoporosis Coalition; Arizona Nutrition Network; the Dairy Council of Arizona; Maricopa County Department of Public Health Service - Office of Nutrition Services; Banner Healthcare Network; Arizona Department of Health Services; and other community groups.

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If you have questions concerning access, wish to request a sign language interpreter or accommodations for a disability, please contact Sharon Hoelscher Day at 602-827-8200 or email [shday@cals.arizona.edu](mailto:shday@cals.arizona.edu)

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