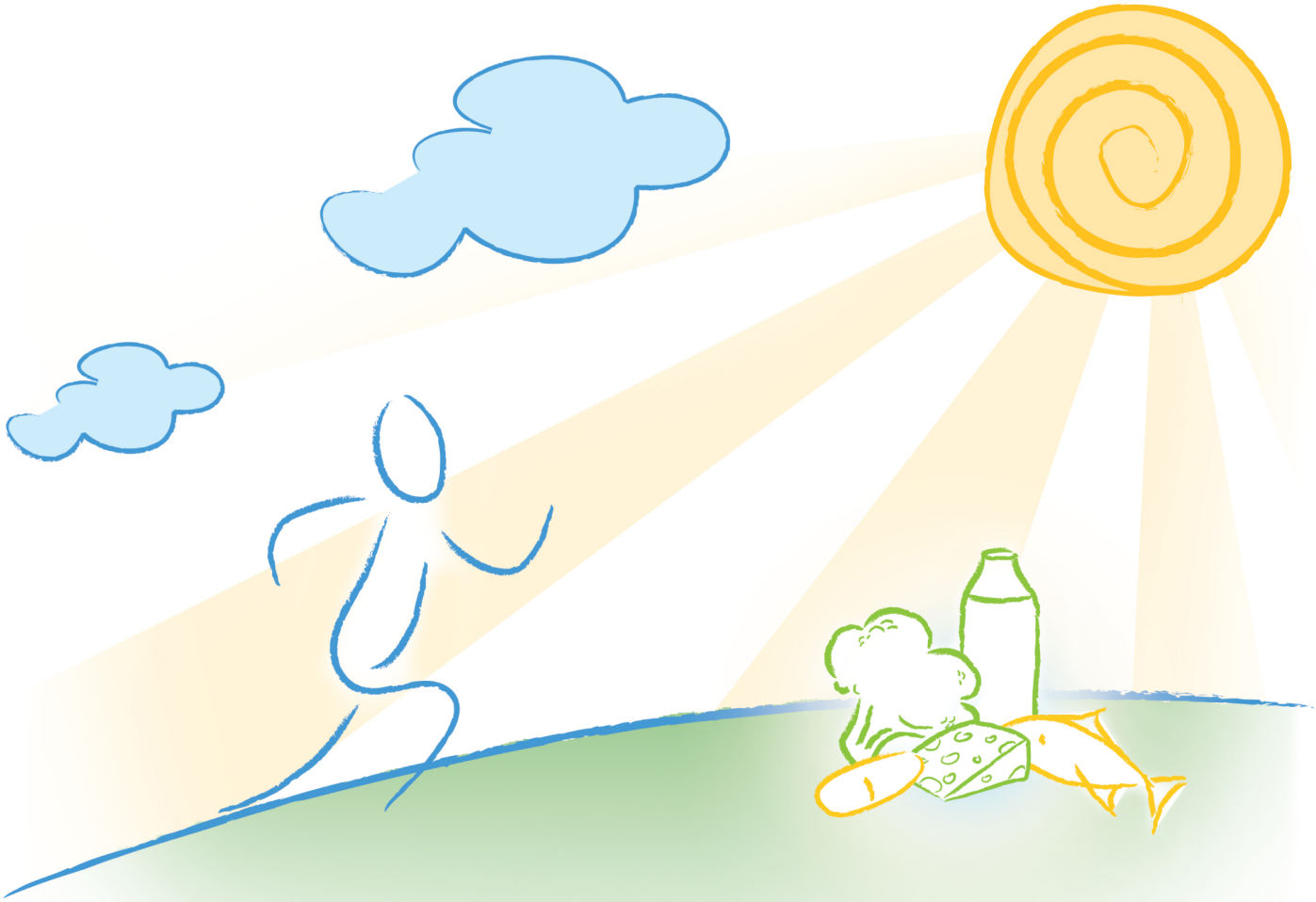
OSTEOPOROSIS NEW ZEALAND
Building a stronger future

LOVE YOUR **BONES**

embrace an active lifestyle calcium rich foods vitamin D



find out more at **www.bones.org.nz**

with thanks to our supporters:

Nestlé MILO

Nutrition NZ

RYMAN HEALTHCARE

Anchor

Better **Bones** Week
October 17 - 23