FORTIFY Bones study

Are you aged 50 or older and have been told you have low bone mineral density, osteopenia or osteoporosis, and are not taking medication for osteoporosis?

You may be eligible to participate in a study that involves:

- Two times weekly exercise
- Assessments of muscle strength, balance
- Questionnaires
- Dietary assessments
- Bone mineral density scans

WANT TO LEARN MORE? PLEASE CONTACT
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This study has been reviewed by and received ethics clearance through a University of Saskatchewan research ethics committee.