



# 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.



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