

Do you have healthy bones? Find out!

Join us for a **FREE Virtual Health Talk for Women**

When: Thursday, May 20, 2021

Time: 5:30 - 6:30 PM



Board certified in
Family Medicine

Join **Sonya Brown, MD, Family Medicine** to learn about:

- Bone loss (osteopenia and osteoporosis)
- How it's diagnosed
- Common treatment options
- Tips on prevention
- Diet and activities that can reduce your risks

**For more information or to register for this event,
call 626-851-7763**

Once you have registered, you'll need the following to join this virtual health talk:

1

kp.org account

Not registered? Visit

kp.org/registernow

or **personal email address.**

2

Computer, smartphone,
or tablet with a secure,
reliable internet
connection.

3

One of these browsers:

- Google Chrome
- Mozilla Firefox
- Apple Safari

Internet Explorer is not
supported.

This event is **FREE** and open to **ALL** women. RSVP by May 19th.
Friends and family of Kaiser Permanente members are welcome to attend.
All who attend will be eligible to win a gift basket.

