

The Bone Builder Program

Vital Health Pharmacy, together with collaborators PhysioPlus Physiotherapy, Home Instead Senior Care and Therapeutic Meals Nutrition Services is pleased to offer the Bone Builder patient education program to complement prescription osteoporosis therapy.*

Participating in the Bone Builder program will enable individuals to improve bone strength and decrease fall risk by learning about 4 key areas & putting in place simple changes which will help improve bone strength, balance & independence. The program consists of one-on-one meetings with a dietitian, physiotherapist, home care specialist and pharmacist.

To sign up, contact us by **fax: 778-433-7071** or **email: info@vitalhealthpharmacy.com** or **ph: 778-433-6060**
Physicians please attach a patient label with PHN and current patient contact information.



Exercise

During this 30 minute, one-on-one, session with a **PhysioPlus Physiotherapist** you will receive:

- Physiotherapy assessment of general posture, strength and mobility
- Recommended exercises to target the five key areas of muscle strengthening, aerobic conditioning, balance, core and posture
- Education on which exercises to avoid



Drugs & Supplements

During this 30 minute, personalized meeting with a **Vital Health Pharmacist**, you will learn:

- Which of your drugs may weaken bone
- Which drugs / supplements strengthen bone
- Which of your drugs may increase fall risk
- How to optimize your medications & supplements to strengthen your bones!



Diet and Lifestyle

During this 30 minute, personalized call with a **Therapeutic Meals Dietitian** you will learn:

- Essential nutrients to help optimize bone density
- How to optimize your nutrient intake through diet
- If you have any additional nutrition risk factors that need to be addressed through further assessment
- Which supplements & how much are right for you



Fall Risk Assessment

During this 1 hour, one-on-one, in-home safety assessment with **Home Instead Senior Care**, you will learn:

- What fall hazards may be in the home
- Proactive solutions to reduce falls
- Ways to modify your home to enable aging in place
- What local resources are available to make safe adjustments to your home

*A charge of \$100 applies to cover the cost of this service. To sign up, email: info@vitalhealthpharmacy.com or call 778-433-6060, reference, "Bone Builder Program". Physicians may also fax 778-433-7071 to register a patient, please attach patient label with PHN.