

OSTEOFIT- Nutrition for Optimal Bone Status
Continuing Education Instructor Workshop

Presented by Sadia Badiei, Dietitian, BC Women’s Hospital & Health Centre. Strong bones are crucial to good health, and good nutrition is crucial to strong bones. This workshop will review: dietary requirements and key sources for calcium and Vitamin D; the stance on supplements including what kind, how much and possible side effects of taking too much; and commonly asked questions including suitable dairy alternatives, the concerns surrounding soy products, effects of caffeine and carbonated beverages on bones, and alkaline/acid diets. This session was recorded by Mediasite on December 2017.

1.5 BCRPA continuing education credits will be assigned once this workshop is complete. The workshop has 2 parts: learning and a multiple choice quiz. You will find the quiz at the end of the workshop. You will be awarded a certification of completion upon achieving 80% on the quiz.

Note: anyone can take this workshop. If you are not a certified Osteofit Instructor, we will share the workshop link and passcode once your registration fee is received and processed.

Fee:

Osteofit Instructors	Non-Osteofit Instructors
No cost	\$50 – please make cheque payable to PHSA – BC Women’s Osteofit Mail to: Osteofit – BC Women’s Hospital + Health Centre Mail #103 4500 Oak Street Vancouver BC V6H 3N1 For information on credit card payment contact osteofit@cw.bc.ca

Workshop registration: PLEASE PRINT CLEARLY

Name: _____ BCRPA ID # _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

Email: _____

For more information please contact: osteofit@cw.bc.ca

For Finance use only: 00020-01-1202485-75521610-100