

Peer educators are specifically trained to share information and promote positive behavior with their peers. Peer educators help create a space where people feel accepted and understood, and where everyone's experiences are treated as being equally important. Peer education is particularly important in chronic disease communities where information needs to be provided over many years and in a variety of communities.

## EMPOWERING PEER EDUCATORS

- ✓ Revitalize the peer educator program inherited from American Bone Health, connecting with 100+ peer educators across the country to leverage their passion and skills.
- ✓ Update osteoporosis training requirements for new and established peer educators and provide new opportunities for them to engage in community-based programs about osteoporosis and bone health.
- ✓ Deliver in-person and virtual presentations to community audiences on topics including bone health basics, nutrition, exercise, posture, body mechanics, fall prevention, and preventing fractures.
- ✓ Secure Peer Educators to represent BHOF at workshops and community health fairs in partnership with senior activity centers, schools, local places of worship, and other community-based organizations.

In commemoration of our 40th anniversary, we have launched an audacious campaign to raise \$400,000 in 2024. If you're interested in supporting our peer educator program, below are examples of the impact your donation can have:

**\$40** ←

Covers the cost for mailing brochures, fact sheets, posters and more for distribution at one community event.

**\$400** ←

Helps BHOF recruit new peer educators in four cities to expand this vital program.

**\$4000** ←

Supports updating the peer educator curriculum to include new evidence-based information on exercise and nutrition for bone health.

Your gift will support BHOF's volunteer Peer Education Program to increase bone health awareness and provide osteoporosis patients and their caregivers with the knowledge and tools they need to learn about preventive measures and options for treatment and care.