

Building Strength Together®: Support Groups are vital to provide a way to learn more about osteoporosis and how to live with the disease directly from those in similar situations. They provide an open opportunity to share information, feelings, and goals to help live active and independent lives – even with osteoporosis.

BENEFIT OF SUPPORT GROUPS

- ✓ **REDUCE RISK FACTORS**
- ✓ **PROVIDE A SAFE PLACE TO SHARE**
- ✓ **INCREASE PATIENT ENGAGEMENT AND PATIENT ACTIVATION**
- ✓ **PROVIDE EMOTIONAL SUPPORT**
reduce depression and social isolation
- ✓ **INCREASE MEDICATION AND TREATMENT ADHERENCE**
- ✓ **GAIN CONFIDENCE AND EMPOWERMENT**
- ✓ **INCREASE KNOWLEDGE OF DISEASE**
- ✓ **PROVIDE ACCOUNTABILITY**
- ✓ **IMPROVE COPING SKILLS**
- ✓ **INCREASE SATISFACTION WITH HEALTH STATUS**
- ✓ **IMPROVE SELF- MANAGEMENT**

“When a support group formed in my hometown, I joined. A whole world opened up for me, and I learned how to help myself. I learned about exercise, medication, nutrition and much more.”

*Citrus County Osteoporosis Support Group,
Hernando, FL*

In commemoration of our 40th anniversary, we have launched an audacious campaign to raise \$400,000. What your donation can do:

➔ **\$40** Can pay for one support group to receive a support group manual, brochures, and fact sheets to distribute to its members and more.

➔ **\$400** Can provide educational materials for one support group for a year.

➔ **\$4000** Can launch a new support group, providing logistical support for setup, meeting space, and connecting with others who are also living with osteoporosis to share experiences, and gain hope and renewed purpose in their lives.