



MAKE YOUR BONES AS STRONG AS YOUR SPIRIT



1 in 5 women over age 50 are affected by osteoporosis, a disease that causes bones to weaken and break easily. Talk to your VA health care provider about your risks and getting screened.



Women Veterans Call Center: 1-855-829-6636

www.womenshealth.va.gov | #WomenVets



U.S. Department of Veterans Affairs