

Introduction to Bone Health - Workshop Plan	
Learning Objectives:	Participants will be able to ● Briefly describe the bone growth cycle ● List 3 lifestyle requirements for strong bones ● State the definition of bone strength ● State the definition of osteoporosis ● Briefly describe the relationship between osteoporosis and broken bones or fractures ● Identify a minimum of three risk factors for developing osteoporosis that cannot be changed ● Identify a minimum of three risk factors for developing osteoporosis that can be changed
Time: (min)	Workshop Details
2	Workshop Sign-In ● Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop ● Prior to the start of the workshop, place an Introduction to Bone Health - Workshop Guide on every desk/wherever participants will be seated Starter [Slide 2] ● Have participants complete the LEFT SIDE of the Self-Evaluation Quiz on page 1 of their Introduction to Bone Health - Workshop Guide as part of the starter activity while everyone is getting settled and during the workshop introductions ● Participants will return to this quiz at the end of the workshop as part of the Cool-down Activity
2	● After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4] ● indicate that the learning objective for each slide will be located at the bottom of that slide [Slide 5] ● encourage participants to complete their Introduction to Bone Health - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 6] ● following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the Introduction to Bone Health - Workshop Guide
10	Part 1 - Our Bones Activity 1 ● Bone Growth Cycle - Misconception Check [2 minutes] [Slide 9] ○ each group member will need a pen and their Introduction to Bone Health - Workshop Guide ○ with the people around them, have participants form groups of 3-4 ■ the group members should briefly share what they know about how bones grow ■ have the groups write down, very briefly, their main ideas ○ after two minutes, have participant groups refocus on the PowerPoint and review the key concepts of the bone growth cycle [3 minutes] [Slides 10-13] ■ Play video on Slide 10 (2:23) ■ group members can review highlighted concepts and contrast these with their preconceptions/previous knowledge about the bone growth cycle ■ direct participants to take note of any differences in their responses compared to the highlight concepts presented in the PowerPoint ● What are strong bones? - Buzz Session [2 minutes] [Slide 14] ○ each group member will need a pen and their Introduction to Bone Health - Workshop Guide ○ with the people around them, have participants form groups of 3-4 ■ the group members should collaborate and share what they know from their experience answering the following questions:

5	● What is Bone Strength? ● Why are strong bones important? ● Why should strong bones be a priority from an early age? ○ after two minutes, have participant groups refocus on the PowerPoint and review these three questions, while participants fill in any gaps in their information [3 minutes] [Slides 15-16] Part 2 - What is Osteoporosis? Activity ● Definitions - facilitator directed [2 minutes] [Slides 18-20] ○ discuss the definitions of Osteoporosis and Fragility Fracture with the participants ○ have participants complete the fill-in-the-blank portion of their Introduction to Bone Health - Workshop Guide to complete the definitions and highlight the key terms ● Risk Factors - Pair-Share-Repeat ○ participants should pair-up with a member of their group and, collectively, share their knowledge of the risk factors for osteoporosis on their Introduction to Bone Health - Workshop Guide, completing the following sections: [2 minutes] [Slide 21] ■ Risk factors you cannot change ■ Risk factors you may be able to change ○ have participants change partners within their groups and review the lists they have come up with, making adjustments to their lists as appropriate [1 minute] [Slide 22] ○ have participant groups refocus on the PowerPoint and review the risk factors and have participants contrast this information with what they have on their workshop guide [Slides 23-25] ● Why is preventing/treating osteoporosis important? [Slide 26] ○ give context to the importance of maintaining healthy bones ○ Encourage participants to read the information presented on the slide - give everyone a couple of minutes to read the information ○ Ask: What information did you find surprising from this slide? ■ Have the participants discuss this question in their table groups or with the entire workshop ■ Can use this discussion to lead into the Cool-down Activity to follow
5	Cool-down Activity [Slide 27] ● Have participants review their Self-Evaluation Quiz from the starter activity and complete the RIGHT SIDE of the worksheet as part of the Cool-down Activity to identify what they have learned during the workshop ● With the person next to them, discuss what they learned in the workshop, what they found surprising about the information presented and what next steps they want to take (ie. what do they want to learn more about)
Resources: ● Introduction to Bone Health - Facilitation Guide ● Introduction to Bone Health - Presentation ● Introduction to Bone Health - Workshop Plan ● Introduction to Bone Health - Workshop Guide ● Workshop Sign-In Sheet ● Workshop Evaluation Form Other Resources Needed: ● pens/pencils ● tables, chairs	