

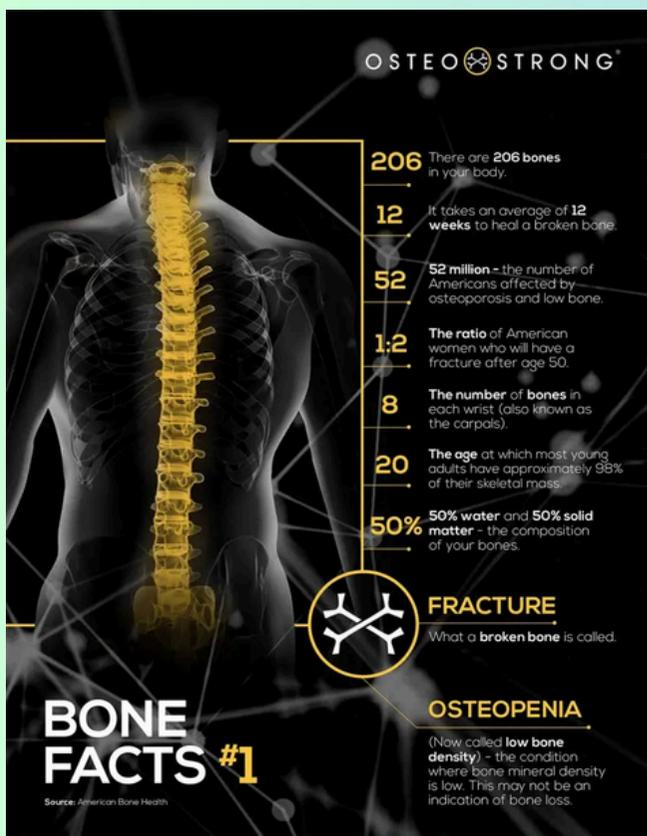


**FEBRUARY 22, 9AM - 6PM  
SAN RAMON MARRIOTT, San Ramon**

**OSTEO STRONG®**

**Reversing Osteoporosis**

**OsteoStrong®: A non-invasive, science-backed program to strengthen bones & support lifelong skeletal health.**

**BONE FACTS #1**

- 206** There are 206 bones in your body.
- 12** It takes an average of 12 weeks to heal a broken bone.
- 52 million** - the number of Americans affected by osteoporosis and low bone.
- 1:2** The ratio of American women who will have a fracture after age 50.
- 8** The number of bones in each wrist (also known as the carpus).
- 20** The age at which most young adults have approximately 98% of their skeletal mass.
- 50%** 50% water and 50% solid matter - the composition of your bones.

**FRACTURE**  
What a broken bone is called.

**OSTEOPENIA**  
(Now called low bone density) - the condition where bone mineral density is low. This may not be an indication of bone loss.

Source: American Bone Health

<https://www.osteostrong.me/>

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