

You are invited to a lunchtime **AIMSS Seminar Series:**
**"Moving from clinical trials to implementation in
bone health and exercise science".**



Guest Speaker:

PROF. LORA GIANGREGORIO

Professor in the Department of Kinesiology at the University of Waterloo and a Schlegel Research Chair in Mobility and Aging.

Professor Giangregorio leads the Bone Health and Exercise Science Lab (BonES lab), which studies how to reduce the risk of osteoporotic fracture through better risk assessment and safe and effective physical activity interventions. She is a member of the Scientific Advisory Council for Osteoporosis Canada, with whom she collaborates on initiatives to improve patient and health care provider education related to physical activity and exercise. Her research team has worked with Osteoporosis Canada to develop BoneFit, a two-day workshop for exercise professionals on appropriate assessment and exercise prescription for individuals with osteoporosis.

Dr. Giangregorio also led the development of the Too Fit To Fracture Exercise and Physical Activity Recommendations for Individuals with Osteoporosis, and is leading the Exercise Working Group for the update to Osteoporosis Canada's Clinical Practice Guidelines for the Management of Osteoporosis.

Details

Thursday 21st February, 2019.

**1.00-2.00pm Western Centre for Health Research and Education
(WCHRE)**

Lecture Room, Level 1

176 Furlong Road, St. Alban's, VIC

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