

My Bones and Me - Workshop Plan	
Learning Objectives:	<p>Participants will be able to</p> <ul style="list-style-type: none"> • Briefly explain the significance of low bone mass • Discuss at least one approach for treating low bone mass • Describe how bone mineral density (BMD) is measured and what it is measuring • List a minimum of two reasons for a bone density test to be performed • Describe how BMD tests are interpreted • Identify a minimum of two gender-based facts about osteoporosis or low bone density
Time: (min)	Workshop Details
2	<p>Workshop Sign-In</p> <ul style="list-style-type: none"> • 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 a My Bones and Me - Workshop Guide on every desk/wherever participants will be seated <p>Starter [Slide 2]</p> <ul style="list-style-type: none"> • Have participants write down risk factors for bone loss and osteoporosis they have been told that is specific to their gender on page 1 of their My Bones and Me - Workshop Guide • have participants share and compare these factors with someone near them of the same gender • they will review these factors later in the workshop
2	<ul style="list-style-type: none"> • 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 My Bones and Me - 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 My Bones and Me - Workshop Guide
5	<p>Part 1 - Bone Mineral Density (BMD)</p> <p>Activity</p> <ul style="list-style-type: none"> • Bone Mineral Density - facilitator directed [Slides 8-12] <ul style="list-style-type: none"> ○ Review the BMD definition, the importance of the BMD test and understanding how the BMD test is interpreted [Slides 8-12] <ul style="list-style-type: none"> ■ have participants record key words and definitions on their My Bones and Me - Workshop Guide for their own record
5	<p>Part 2 - Understanding Fracture Risk</p> <ul style="list-style-type: none"> • Review the fracture risk for men and women and who should be tested [Slides 14-18] <ul style="list-style-type: none"> ○ play video on Slide 14 (1:06) ○ have participants complete the appropriate sections of their My Bones and Me - Workshop Guide for their own record
5	<p>Part 3 - Low Bone Mass</p> <p>Activity</p> <ul style="list-style-type: none"> • Low Bone Mass - facilitator directed [5 minutes] [Slides 20-23] <ul style="list-style-type: none"> ○ review the definition of low bone mass with the group and have participants record this definition on their My Bones and Me - Workshop Guide

5	<ul style="list-style-type: none"> ○ have the group brainstorm what is the significance of low bone mass and what it means for them [Slide 21] <ul style="list-style-type: none"> ■ have participants record at least 2 reasons why low bone mass is significant in their My Bones and Me - Workshop Guide ○ review, briefly, how low bone mass can be treated <p>Part 4 - What men and women need to know</p> <p>Activity</p> <ul style="list-style-type: none"> ● What men and women need to know - Jigsaw [5 minutes] [Slides 25-28] <ul style="list-style-type: none"> ○ have participants form groups of 3-4 members, have group members share and compare their risk factors for bone loss and osteoporosis ○ the groups should come up with a list of factors for men and women that can lead to bone loss and/or osteoporosis and record these in their My Bones and Me - Workshop Guide [3 minutes] [Slide 25] ○ facilitator to review the list of factors with the group and have group members make edits to their list [Slide 25-27] <ul style="list-style-type: none"> ■ play video on Slide 26 (1:30)
5	<p>Cool-down Activity (Slide 29)</p> <ul style="list-style-type: none"> ● have participants answer 3 questions on their My Bones and Me - Workshop Guide regarding key concepts from the workshop ● have participants work in small groups (2-3) to compare their responses
<p>Resources:</p> <ul style="list-style-type: none"> ● My Bones and Me - Facilitation Guide ● My Bones and Me - Presentation ● My Bones and Me - Workshop Plan ● My Bones and Me - Workshop Guide ● Workshop Sign-In Sheet ● Workshop Evaluation Form <p>Other Resources Needed:</p> <ul style="list-style-type: none"> ● pens/pencils ● tables ● chairs 	