

YOUR HEALTH YOUR WAY

MOVE FOR A HEALTHY COMMUNITY



Virtual Movement Challenge
May 1st - 31st from anywhere!

In Person "Meet Ups"
Four locations throughout the region



Wednesday, May 1, 2024: West Parry Sound Health Centre

Tuesday, May 7, 2024: Rosseau NPLC

Friday, May 17, 2024: Whitestone NPLC

Sunday, May 26, 2024: Pointe au Baril NPLC

We have a goal to update the Bone Mineral Density Testing equipment at WPSHC

Currently there are 2.3 million Canadians living with osteoporosis and even more are living with low bone mass, known as osteopenia. Within their lifetime, at least 1 in 3 women and 1 in 5 men will break a bone due to losing bone mass.

Join us in increasing access to high-quality, local testing.



Jamie Pitre, MRT with WPSHC's outdated Bone Mineral Density Machine

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