

Women's College Hospital Foundation's F.M Hill Speaker Series presents:

# the new **HEALTHY YOU** speaker series

Homemakers Magazine and Women's College Hospital Foundation are delighted to present the Healthy You series of **public information seminars**.

Tuesday  
**May 18**  
Order your tickets today!



## *Bone Up!*

**FIND OUT** how to foil "the silent thief."

**WITH** Gillian Hawker, MD, FRCPC

### THE FACTS

- As many as two million Canadians suffer from osteoporosis.
- One in four women over the age of 50 has osteoporosis.
- Osteoporosis is often known as "the silent thief" because bone loss occurs without symptoms.
- A total of 80 percent of fractures are osteoporosis-related.



**About Gillian Hawker, MD, FRCPC**

Gillian Hawker is Physician-in-Chief of the Department of Medicine at Women's College Hospital in Toronto, where she holds the F.M. Hill Chair in Academic Women's Medicine. Dr. Hawker is a rheumatologist at the Hospital, and she directs both the Osteoporosis Research Program and the Canadian Osteoarthritis Research Program.

**SEMINAR** **Bone Up!**

**DATE** **Tuesday, May 18, 2010**

**TIME** **7:30 p.m. to 9 p.m.**  
(Doors open at 7:15 p.m.)

**TICKETS** **\$15 each**

**LOCATION** **Elmwood Spa, 18 Elm St.**  
4th floor, Terrace Restaurant,  
Toronto (east of Bay Street,  
south of Gerrard Street)  
Light refreshments provided.

Purchase tickets online at [womenscollegehospitalfoundation.ca](http://womenscollegehospitalfoundation.ca) or call (416) 813-4709.

Proceeds are directed to Women's College Hospital Foundation.

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