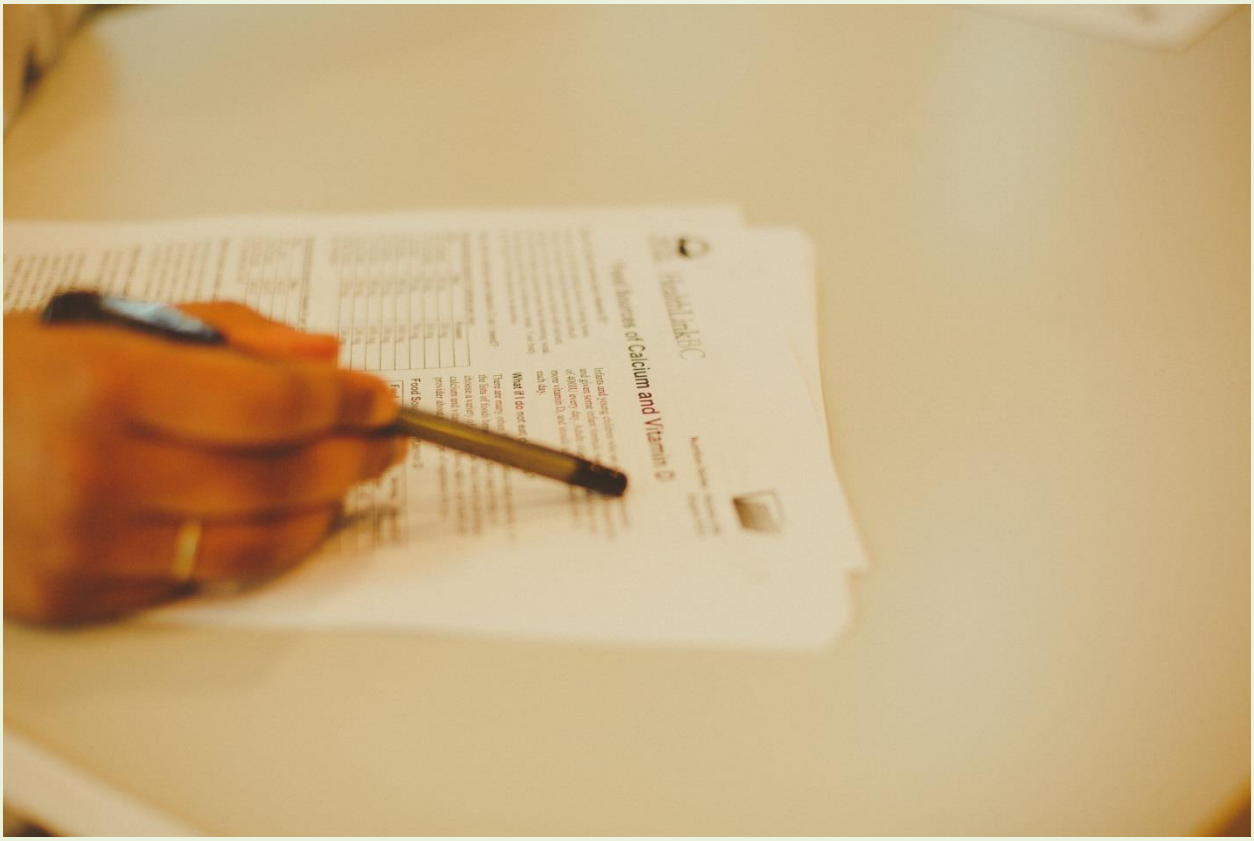
'Bone Up On Your Health' - The 2015 Travelling Health Fair

UBC Staff and Faculty
Travelling Health Fair

UBC's Travelling Health Fair
Staff and Faculty
Health Passport

2


Calcium and Vitamin

PHARMACEUTICAL
SCIENCES
4
Pharmacist
Consultation

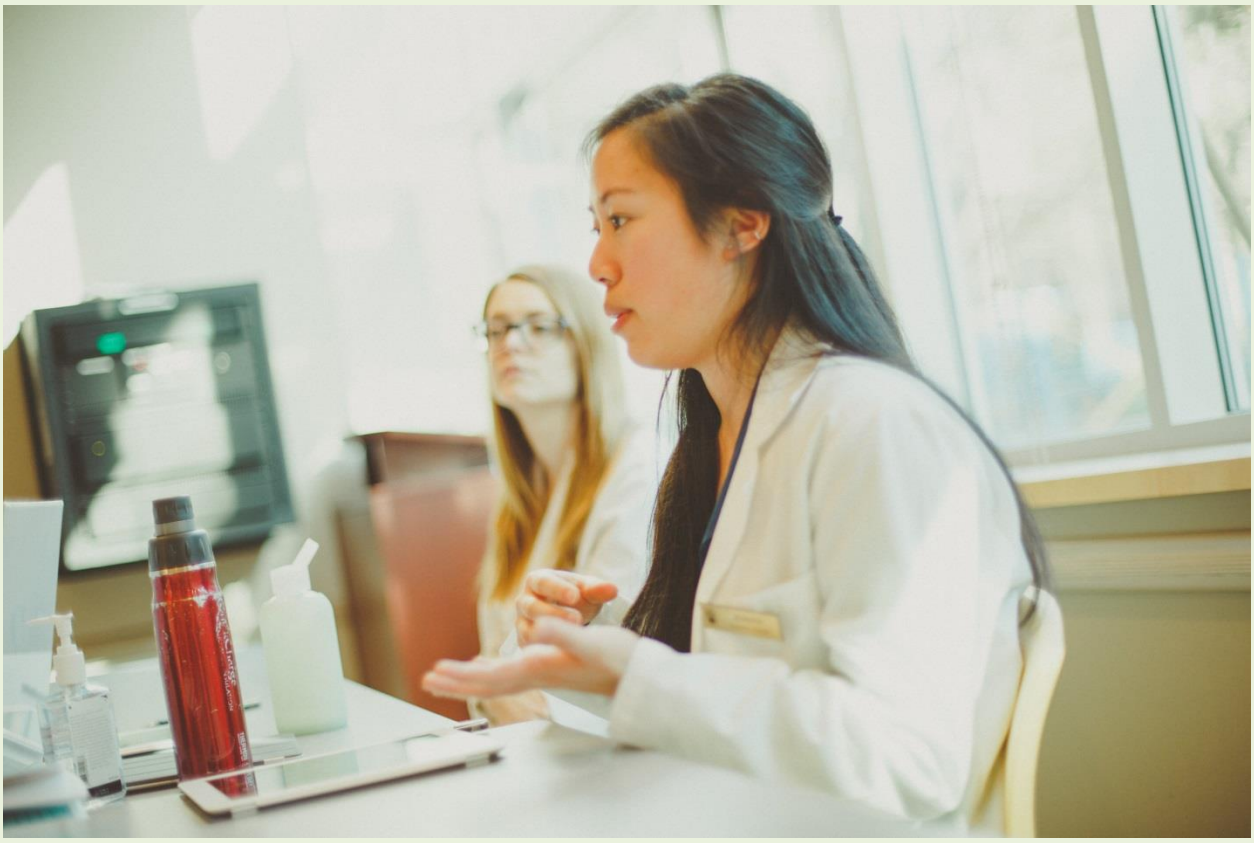
HealthLinkBC
Food Sources of Calcium and
and vitamin D?
and vitamin D do I need?

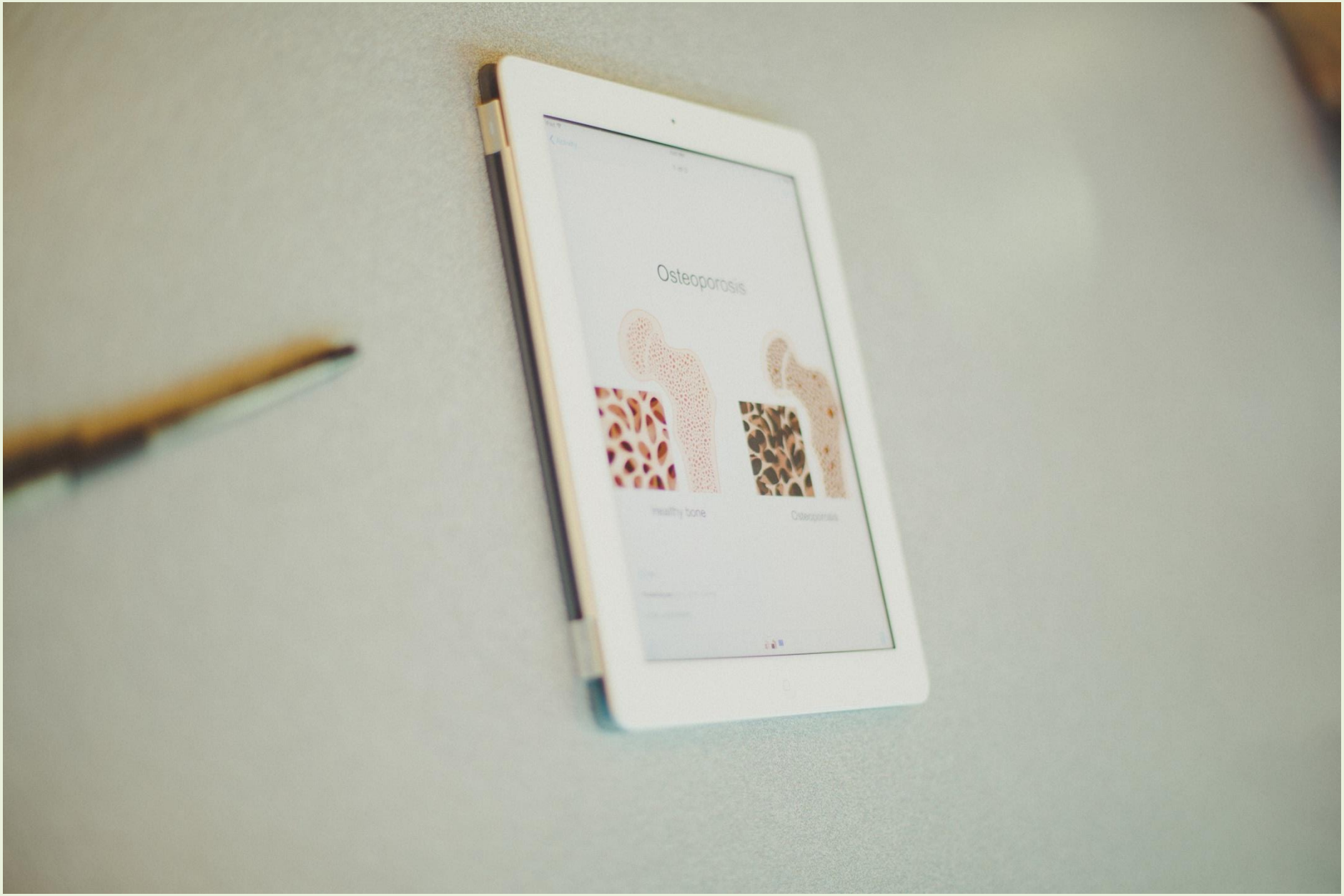
Eating
Well with
Become a UBC Health Contact

Healthy bone
Osteoporosis

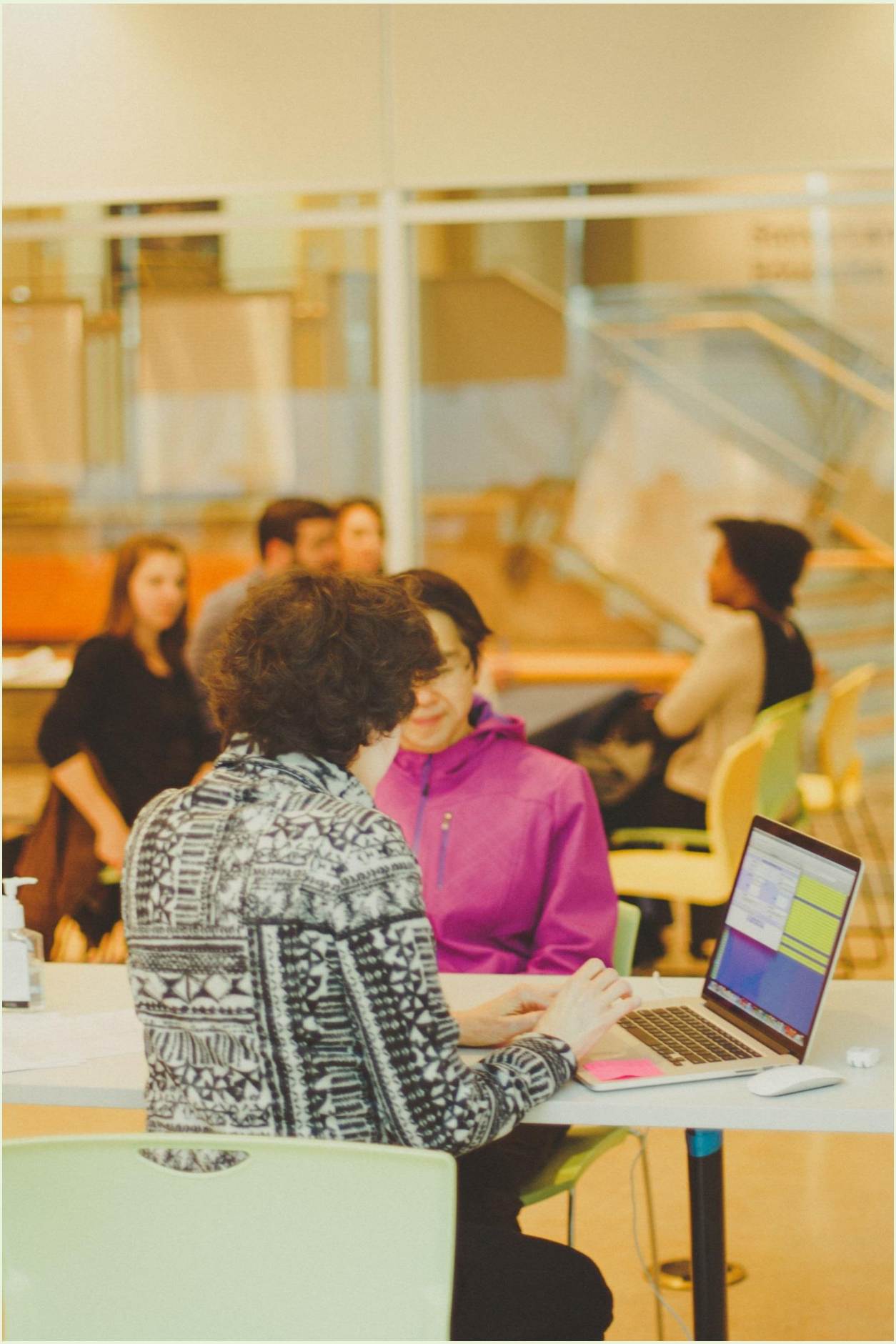
Have a problem and don't know where to start?

2
1




Osteoporosis
Healthy bone
Osteoporosis

UBC
3



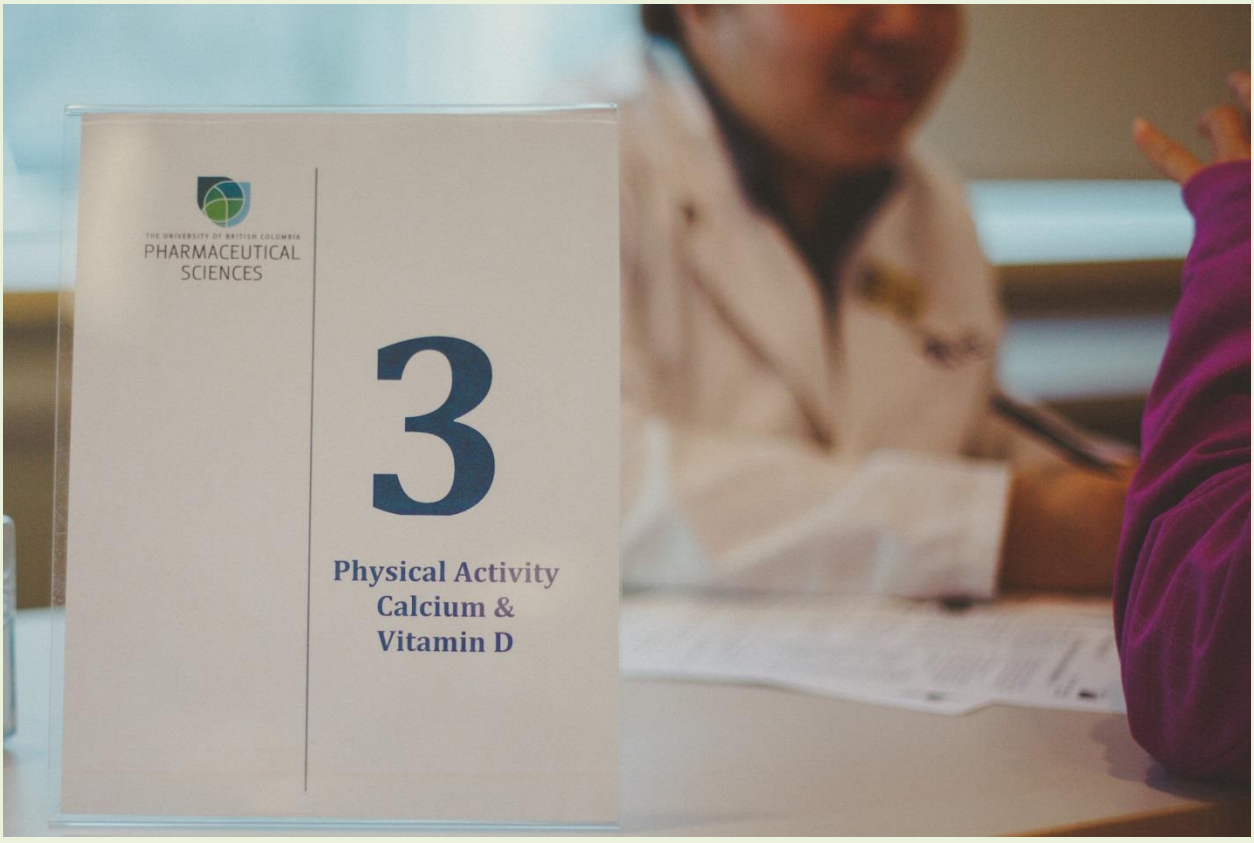
UBC Staff and Faculty
Travelling Health Fair
February 2015

UBC Staff and Faculty
Travelling Health Fair

UBC's Travelling Health Fair
Staff and Faculty
Health Passport
Name:
Date:
Location:
The 2015 UBC Travelling Health Fair is a joint initiative of the UBC Health, Wellbeing and Benefits unit in Human Resources and the Pharmacists Clinic at the UBC Faculty of Pharmaceutical Sciences.
Please proceed through each station and be sure to pick up your resource package after your final consultation.

Bone Up on
Your Health!
Staff & Faculty
Health at UBC
www.hr.ubc.ca/health

THE UNIVERSITY OF BRITISH COLUMBIA
PHARMACEUTICAL
SCIENCES
2
Bone Health
&
Risk Factors


THE UNIVERSITY OF BRITISH COLUMBIA
PHARMACEUTICAL
SCIENCES
3
Physical Activity
Calcium &
Vitamin D

Photographs Credit: Leah Villalobos