



**Royal  
Osteoporosis  
Society**

Better bone health for everybody

**We're here for  
you and your  
family too...**



**Nurse Helpline**  
**Freephone 0808 800 0035**

Our specialist Helpline nurses are here to answer your questions on osteoporosis and bone health or to allay any fears or concerns.



### **Freephone**

09:00-17:00 Monday-Friday



### **Email**

Send an email to [nurses@theros.org.uk](mailto:nurses@theros.org.uk)



### **Letter**

Write to Helpline, Royal Osteoporosis  
Society, Camerton, Bath, BA2 0PJ