



MELBOURNE OSTEOPOROSIS SUPPORT GROUP

Incorporated Reg No. A0038140R

Est. 1996

The **Melbourne Osteoporosis Support Group** is a 'Melbourne-based' group for those affected by Osteoporosis. The purpose of the group is to support each other and to share information so that we are better informed how to manage our Osteoporosis.

HISTORY OF THE GROUP:

This group began in November 1996, following an 'Osteoporosis Prevention & Self Management' course, conducted by 'Osteoporosis Victoria' – a division of the **Arthritis Foundation of Victoria Inc.** The first official meeting of the group was held in April 1997 at which, office bearers were appointed. We became an **Associate Member of 'Osteoporosis Victoria'** on 15th October, 1998 and became an **Incorporated Association** on 31st May, 1999. We **affiliated with the Glasgow Support Group**, (one of the largest in the UK) in October, 1999 and receive their Newsletters, containing information from the **National Osteoporosis Society** in Bath, England.

SUPPORT:

If you have Osteoporosis, or know of someone who has Osteoporosis, the group offers support, such as:

- Talking to other people with Osteoporosis
- Finding out how to live with Osteoporosis
- Finding out what is being done to help people with Osteoporosis
- Special events – such as Annual Luncheon & Seminar
- Providing contacts

MEETINGS:

**The group meets at 1.30pm on the 3rd Tuesday of February, April, June, August, October and December in
"ROSS HOUSE"
247 Flinders Lane, Melbourne**

Each meeting commences with a talk by a guest speaker on a health-related topic, after which a short business meeting is held, followed by a general discussion. We conclude with afternoon tea.

A **Newsletter** is posted to all members prior to each meeting, with relevant information received from 'Osteoporosis Victoria', 'Osteoporosis Australia' and the 'National Osteoporosis Society' in Bath, England.

CONTACT DETAILS and more Information:

Email: melbosg@gmail.com

Web Address: www.melbosg.org.au