



Dear Friends and Family,

Will you consider joining me in raising fund for the important cause of healthy bones?

American Bone Health teaches people how to build and keep strong and healthy bones for life with practical and up-to-date information and resources to engage, educate and empower them to prevent bone loss, osteoporosis and fractures.

American Bone Health depends on our donations to make it happen.

Here's a new way to show your support:

April 30, 2021, is American Bone Health Giving Day. Will you help us reach our bone health goals?

Your contributions will help American Bone Health grow its evidence-based bone health educational programming in communities across the United States. Here's how:

- Refine the technology powering our virtual events to make them even more accessible and user-friendly.
- Train more Peer Educators to share bone health knowledge in their local communities.
- Launch campaigns to help children and teens learn healthy habits and build strong bones for life.
- Develop educational resources for those with special bone health needs, such as people living with HIV, cancer survivors, and people with diabetes.
- Improve access to bone health knowledge through culturally and linguistically competent outreach to communities of color and other underserved populations.
- Expand scientific understanding of consumers' bone health needs by compiling and publishing results of our educational efforts.

American Bone Health runs a lean operation, and 82% of money raised goes directly to our community-focused educational programs! You can be sure your donations will make a difference.

[Here's how you can help:](#)

- **Raise funds** [via Classy](#) – as an individual, by creating a team, or by joining a team.
- **Donate** directly to American Bone Health [HERE](#)

You can double your impact if your company participates in a matching gift program. Ask your human resources office! Please let me know if you have any questions.

Sincerely,

<INSERT YOUR NAME HERE>