



National  
**Osteoporosis**  
Society

# Helpline

**Freephone 0808 800 0035**

Osteoporosis and bone health questions?

**Specialist Nurses**

**We're here to listen. We're here to help.**

## Freephone

- 9am to 5pm  
Monday to Friday

## Website

- Visit the 'Ask the Nurses' section

## Email

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

## Letter

- Write to:  
Helpline, Camerton,  
Bath, BA2 0PJ