

Get enough calcium and vitamin D everyday

Protect the women in your life

Preserve your independence

Generations of Strength

A MOTHERS AND DAUGHTERS CAMPAIGN

Start a conversation

Learn more about osteoporosis



CONVERSATIONS WITH OUR NATIONAL HONORARY COMMITTEE



“As the daughter and granddaughter of severe osteoporosis sufferers, I’ve seen firsthand that having healthy conversations before you are in a life-altering medical situation is the key to effective caregiving. With the *Generations of Strength Campaign*, we’re encouraging women to take the first step in preventing this disease by starting conversations about their bone health and osteoporosis risk factors.”

GAIL SHEEHY

Bestselling Author and National Honorary Committee Chair, with her family



“As the daughter of a breast cancer survivor, my family had to confront the fact that osteoporosis was also a real concern as my mom battled her disease. So whether it’s having a conversation with my daughter about the risks that run in our family or pushing my assignment editors to report on osteoporosis, I’m committed to promoting women’s health and the importance of strong bones.”

PAULA ZAHN

Television Broadcaster, with her daughter Haley

“By starting a conversation about bone health and family history, we can ensure that our children and our children’s children understand the importance of strong bones and osteoporosis won’t rob them of their freedom and mobility later in life.”

SHARON MARANTZ WALSH

National Host Committee Chair, with her goddaughter Allison



“As a former dancer, I have a huge appreciation for my body and what it can do, and I learned I must take care of it! My hope is that the *Pearls of Strength®* bracelet will remind us all to care for our bones as we do ourselves, our children and all of our loved ones.”

ROBIN RENZI

Designer and CEO of Me&Ro, with her daughter Ella



“In 2010 when JC asked if I’d bike across America with her to raise awareness for osteoporosis - a disease affecting my own mother and sisters - I thought she was crazy! But I also knew right then that I had done something right as a mother. After 3,000 miles, five National Parks and \$52,000 raised for NOF, I’m proud to say we did it, and that NOF sees in us many generations of strength.”

MARYBETH BOND

National Geographic Author and Bond Girls Bike America for NOF, with her daughter Julieclaire (JC)



“I won’t let osteoporosis slow me down! Managing the disease means I can keep acting, dancing and hugging my grandchildren.”

CLORIS LEACHMAN

Academy Award-Winning Actress, with her granddaughter Hallelujah

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