1to1help
Happiness Works Best

Leading with Impact

Women Shaping the Future of Work

- A fireside chat organised by 1to1help to celebrate International Women's Day 2025

1to1help

Managing the *Invisible Mental Load* in Women

Intended Audience:
All Employees

18th March 2026

03:00 PM to 03:45 PM







From: R Nandhini 1
Sent: Friday, October 30, 2026 9:51 AM
To: Nithya Kalyani D.G; Verma Smriti
Subject: RE: Invitation | Super Women Session – Understanding Osteoporosis

Dear All,

You are invited to join our upcoming **Super Women Session** focused on **Osteoporosis Awareness - Strong Bones, Strong Women**.

The session will cover important aspects of bone health, including:

- What is osteoporosis and its types?
- Risk factors and why bone health is especially important for women
- Early signs, symptoms, and diagnosis
- Available treatment options
- Prevention and practical tips for maintaining strong, healthy bones

Join us for an informative session to understand how early awareness and preventive care can help protect bone health and support a healthier future.

Let's take a step towards stronger bones and healthier lives!

We look forward to your participation.

Regards,
Nidhi Bhargav
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