

COPING

'A newsletter from COPN'

December 11th, 2009

Remember: You can live well with osteoporosis!

Thought for Today:

The gift of happiness belongs to those who unwrap it.

Holiday Greetings This will be the last COPN Newsletter until the New Year. All the members of the COPN Executive Committee and our families send you warm wishes for a safe and happy holiday season.

A Gift You Can Give

Someone told me last weekend that they enjoyed getting COPING so much they wished there was some way they could give back. We're so glad you asked!

As you know, COPN is an integral part of Osteoporosis Canada, a registered charity dependent on the generosity of individuals. Here are a couple of ways you can help us:

Osteoporosis Canada has some very pretty 'Pearls of Wisdom' jewelry that makes the perfect stocking stuffer or small gift. There are earrings, necklaces and bracelets available in a variety of colours and very reasonably priced, ranging from \$10 to \$50 each.

Another really good gift idea is the lovely new Osteoporosis Canada/Hallmark note cards! Each package includes 8 cards, 2 each of four beautiful iris designs plus envelopes for just \$11.50 - including shipping.

These are great gifts for people you care about and for all those who are hard to buy for but for whom you really would like something special. Click on www.osteoporosis.ca then look on the left side for 'order online.' You can see pictures of the jewelry and the note cards.

Looking for something practical without the wrap? Why not send a Tribute Card to those on your list? Simply make a donation to Osteoporosis Canada and we will mail out a Hallmark card on your behalf.

Online shopping: www.shop-osteoporosis.ca

You can always donate to Osteoporosis Canada either directly on our website, www.osteoporosis.ca or by mail; your donation means the world to all those in need of our services.

Enjoy this special time of year. Keep well.
Keep safe and don't forget to smile and laugh.

Happy Holidays!