

## Connecting with your TeleFFiT Peers

Throughout the study you will have the opportunity to meet and stay connected with your fellow TeleFFiT participants digitally through Zoom.

The Zoom catch up sessions will take place every couple of months and will feature special guests such as members of the research team, and experts in the field of bone and muscle health, exercise and nutrition.

There will also be an opportunity for you to talk and socialise with your peers and we encourage you to stay connected throughout the program to help and support one another throughout the 12 months.

We will email you Zoom links to each catch up session a few weeks before the session.

