



Talk of the Town Extra, May 3, 2017



Nashville on Today, May 11, 2017

In honor of National Osteoporosis Prevention and Awareness Month, the Southeast Dairy Industry Association came up with the campaign, "Bone-gevity: Bones Built to Last". In both appearances Dr. Sheehan-Smith discussed how critical it was to start building bones at a young children and how to continue practicing healthy lifestyle habits as we age. She shared easy tips on how to include calcium- and vitamin D-rich dairy foods and exercise into the viewers daily lives.