**Better Bones and Balance (BBB) classes are located in most regions of Oregon.**

People from every state in the U.S. except Alabama, North Dakota, Vermont, and West Virginia have ordered digital versions. Individuals from Australia and Canada have placed orders too!

5,086 community members exposed to BBB through community based classes.

1000+ digital versions of the BBB class have been sold from 2016-2019.

- 10 trainings
- 284 individuals trained

- 91% of trained individuals intend to teach BBB.

- 31% of trainees returned for recertification.

Individuals purchased the digital version for the following reasons:

- **Low bone mass**
- **Improve balance**
- **Reduce fall risk**
- **Other**

**Location of Certified Instructors**

**Videos Disseminated**

**No BBB Yet**

**Location of BBB classes in Oregon**