

Helen Dalley

Healthy Bones Australia Patron,
presenter, journalist & podcaster, **SYDNEY**

Ms Helen Dalley is a prominent journalist, presenter, interviewer and podcaster, with more than 30 years' experience working in Australia and overseas.

Ms Dalley is a former respected TV journalist, who won a Walkley Award for Excellence in Broadcast Journalism (1999). Over the course of her career, she has worked as a reporter, interviewer, host, and news anchor with Nine Network and later with Sky News Australia and Sky Business Channels, where she hosted the national television programs "The Dalley Edition" and "News Now with Helen Dalley."

Ms Dalley is currently a freelance journalist and interviewer, who creates and hosts her own podcast, 'Build it. They'll Come. With Helen Dalley.'

Ms Dalley has a passion for working with the non-for-profit sector, and supporting charities. In 2007, she was appointed a Patron of Healthy Bones Australia – a role that she continues to hold to date.

"My mother lived with osteoporosis at a time when early intervention was not common, and it greatly affected her life. This has made me a passionate advocate for prevention, and early diagnosis of poor bone health," said Ms Dalley.

"In my role as Patron of Healthy Bones Australia, I encourage adults in the community to make their bone health a higher priority, by checking risk factors and speaking to their doctor if needed. We need people to be proactive to reduce the serious impact of osteoporosis and preventable bone fractures.

"I am incredibly proud of my longstanding association with Healthy Bones Australia. The organisation's ongoing commitment to early detection and improved treatment of osteoporosis is critically important to enable Australians to remain healthy, independent and mobile," Ms Dalley said.

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