

Join RSVP's

## Bone Builders



### ◆ All Bone Builders Classes Are Free

Participants attend classes twice a week for a minimum of six (6) months. The Bone Builders program is designed to prevent and reverse osteoporosis, improve balance to protect against falls and fractures, and enhance the participant's energy level and sense of well-being. As well, the prevention and treatment of osteoporosis is addressed through education.

Bone Builders relies upon mild weight training to increase muscular strength and bone density.

*Senior Volunteers Responding to Community Needs*



Phone - 262-7924



## Join RSVP's Bone Builders

### ◆ Bone Builders Classes Are Held in Your Area

- ◆ Bangor
- ◆ Brewer
- ◆ Deer Isle
- ◆ Dover-Foxcroft
- ◆ Ellsworth
- ◆ Hampden
- ◆ Newport
- ◆ Milbridge
- ◆ Old Town
- ◆ Stonington

### ◆ For More Information About Bone Builders Classes in Your Area...

Contact Cindy Whitney At—

UMaine Center on Aging RSVP  
25 Texas Ave. Camden Hall  
Bangor, ME 04401

Phone—262-7924

Email—[Cynthia.Whitney@maine.edu](mailto:Cynthia.Whitney@maine.edu)

