

# BONE BUILDERS



Thursdays, 11 am - 12 pm  
March 19 - May 21, 2026

Western Sullivan Public Library -  
Jeffersonville Community Room

Instruction provided by  
CCE Volunteer- Joy Mendelsohn, MD

**This program is designed  
for women 65+ and men  
75+, but is open to anyone!**

Bring a water bottle,  
floor mat or towel, and  
your own 1-2 lb weights!

**Cornell Cooperative Extension | Sullivan County**

64 Ferndale-Loomis Rd., Liberty (845) 292-6180

This program is a collaboration between CCE Sullivan's Caregiver Resource Center and the SC Office for the Aging through a grant provided by the NYS Office of Aging, Dept. of Health