

Bone Builders

Extension Education Center
64 Ferndale-Loomis Road, Liberty
Instruction provided by
CCE Volunteer- Linda Siegel



Thursdays
11 am - 12 pm
3/26, 4/02, 4/09,
4/16, 4/23, 4/30,
and 5/07

How to Register:

Use the QR Code!

 sullivanccce.org/events
 (845) 292-6180 ext. 122
 sullivanccrc@cornell.edu



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

Help Maintain Bone Mass as You Age
Build on existing bone mass and prevent future bone loss

Prevent Fractures

Bone loss usually occurs without symptoms

Light exercises with hand weights

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

Cornell Cooperative Extension | **Sullivan County**

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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