



Cornell Cooperative Extension
Sullivan County

BONE

BUILDERS



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

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

Register here:

<https://bit.ly/4pGNvK8>

THURSDAYS
SEPT 10 - NOV 19

11:00 am to 12:00 pm

You can join any week!

Location: Jeffersonville Branch
Community Room

**SCAN
ME!**



bitly

Western
Sullivan
Public
Library

Delaware Free Branch

Jeffersonville Branch

Tusten-Cochecton Branch

45 Lower Main St., Callicoon

19 Center St., Jeffersonville

198 Bridge St., Narrowsburg

(845) 887-4040

(845) 482-4350

(845) 252-3360



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