

Bone Builders

Osteoporosis Prevention Class

Ontario County Office for the Aging is looking for seniors interested in Bone Builders Class

Bone Builders participants will learn about osteoporosis, be guided through progressive exercises to strengthen the core and back muscles, restore posture, enhance balance and practice good body mechanics with functional activities. Participants will work with free weights and a sense of independence in applying everyday activities. Classes meet year for one hour classes.



and will gain confidence in applying everyday activities. round, twice per week

**Interested persons should contact
Tammy Richmond at 585-396-4046
To Register for the Program**

Ontario County Office for the Aging
3019 County Complex Drive
Canandaigua, NY 14424
585-396-4046
Tammy.richmond@
co.ontario.ny.us



**Class begins
Thursday April 4, 2019
at 9:00 am to 10:00 am
Classes meet twice weekly on
Tuesdays and Thursdays
at Naples Library
118 South Main**