

RSVP
Bone Builders



An osteoporosis
exercise program
specifically
designed for men
and women age
55 and older.

*Our Community
Counts on RSVP
Volunteers!*

RSVP



Your expertise
and
talents are needed.
Join RSVP today!

Corporation for
**NATIONAL &
COMMUNITY
SERVICE**

RSVP is funded by the Corporation for National & Community Service, New York State Office for the Aging, Schuyler & Yates Counties, United Way, Grants and the RSVP Advisory Council. RSVP is sponsored by Cornell Cooperative Extension in Schuyler County. Cornell Cooperative Extension in Schuyler County provides equal program and employment opportunities. Please contact us if you have any special needs. Visit us at <http://www.cce.cornell.edu/schuyler/rsvp>

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RSVP

*Serving
Schuyler and
Yates Counties*

Age 55 or older?
**Fight
Osteoporosis
with
Bone
Builders**



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What is Osteoporosis?



Osteoporosis is a painful disease characterized by weak, brittle bones that are prone to fracture. The New York State Department of Health reports that osteoporosis affects 25% of women over age 60.

What is Bone Builders?

Bone Builders is an exercise program designed to help individuals prevent or slow down osteoporosis, particularly women age 55 and older. Trained RSVP volunteers lead weekly groups in progressive weight bearing exercises intended to reduce the incidence of osteoporosis.

Strength Training

Scientific studies conducted at Tufts University show that strength training is an effective means for the prevention of osteoporosis.



Where Are Classes Held?

Schuyler County

Montour Falls, Hector, Monterey
and Tyrone



Yates County

Dundee & Penn Yan



How Can I Join?

Contact the Schuyler /Yates RSVP office for information on enrolling as a participant or as a volunteer group leader. Be sure to specify that you want information about “Bone Builders.”

Are There Restrictions?

In order to participate, you will be required to submit a physician’s permission allowing you to exercise.



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