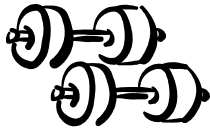


Why weight?



What is osteoporosis?

Osteoporosis, or porous bone, is a disease in which bones become weak and fragile. It is a major health threat for more than 57 million Americans, 80% of whom are women. It is a “silent disease” because bone loss usually occurs without symptoms. People may not know they have osteoporosis until their bones become so fragile that a fracture occurs.

Strength training

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

How can I join BONE BUILDERS?

Contact CVAC at 734-4453 for information and an enrollment packet. Enroll as a participant or ask how you can become a CVAC volunteer BONE BUILDERS trainer.



Where are sessions held?

BONE BUILDERS classes are held weekdays at more than a dozen locations in Chemung County.

What do I need to bring?

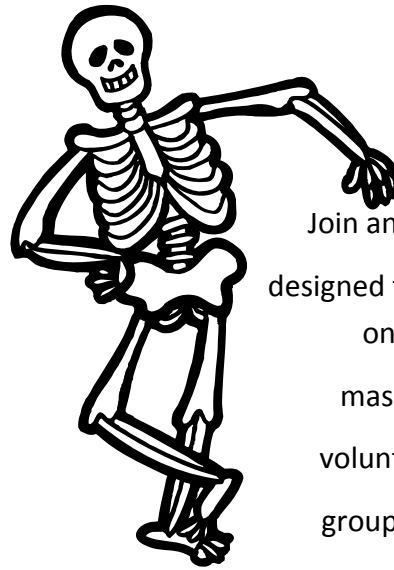
Wear comfortable clothing and good athletic shoes. Bring a towel and a bottle of water. Check out the weights used before buying your own.

How much does the program cost?

There is an annual \$10 participation fee. Scholarship assistance may be available upon request.

BONE BUILDERS

An osteoporosis prevention
exercise program designed
for men and women
of all ages.



Join an exercise program designed to maintain and build on existing bone mass. Trained CVAC volunteers lead weekly groups throughout the county in progressive weight bearing exercises intended to reduce the incidence of osteoporosis.



*For more information or to enroll,
call CVAC at 734-4453 or stop in our office at:
Cornell Cooperative Extension of Chemung County
425 Pennsylvania Ave., Suite 107, Elmira, NY 14904
www.cvacofchemung.org*

Town of Southport Senior Center

BONE BUILDERS CLASSES

THURSDAYS 12:30 P.M.
TUESDAYS 3:00 P.M. (SEPT-MAY)

All Seniors Are Welcome

You do not have to be a Town of Southport Resident to participate

Chapel Park

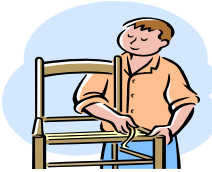




83 Personius Road

Pine City, NY 14871

Phone: 607-732-1410

Visit us at
townofsouthport.com

OTHER ACTIVITIES

<p>MONDAY</p>  	<p>Chair Caning 9:00 A.M.</p> <p>EXERCISE 4:30PM</p> <p>Coin Club 6:00 PM (First Monday of every month)</p>
<p>TUESDAY</p> 	<p>CARDS 9:00 A.M.</p> <p>BONE BUILDERS 3:00 P.M. (SEPT-MAY)</p>
<p>WEDNESDAY</p>	<p>Elmira Regional Art Society 9:00 A.M.</p> <p>EXERCISE 4:30 P.M.</p> <p>Kiwanis 6:00 P.M.</p>
<p>THURSDAY</p> 	<p>PAINTING 9:00 A.M.</p> <p>RSVP Bone Builders 12:30 P.M.</p> <p>EXERCISE 4:30 P.M.</p>
<p>FRIDAY</p> 	<p>Cards 9:00 A.M.</p>

FOUR SENIOR BUS TRIPS A YEAR



Chapel Park
83 Personius Road
Pine City, NY 14871
Phone: 607-732-1410

Visit us at
townofsouthport.com



Year Round Walking Trail
At Chapel & Elmer Goodwin
(Universal)
Parks

PICKLEBALL
&
SHUFFLEBOARD
AT
CHAPEL PARK

EQUIPMENT AVAILABLE
FROM 8:00 A.M. TO 4:00 P.M.
MONDAY THRU FRIDAY