

Date: August 30, 2010
For more information: Linda Rood, 861-3534



HealthReach RSVP 'Bone Builders' classes to start Sept. 13, 14

MaineGeneral HealthReach RSVP will offer Bone Builders classes this fall at the following times and locations:

- Mondays and Wednesdays, 6 - 7 p.m., starting **Sept. 13** at the Winslow Recreation Center, Benton Avenue, Winslow (behind the Winslow Fire Department); and
- Tuesdays and Thursdays, 9:30 – 10:30 a.m., starting **Sept. 14** at the Pleasant Street United Methodist Church, 61 Pleasant Street, Waterville.

Bone Builders is an exercise program for adults age 55 and older. It includes free-weight training and exercises to increase muscle strength, balance and bone density and to protect against fractures caused by osteoporosis.

Pre-registration and doctor's permission are required to participate. For more information or to register, please call Linda Rood at 861-3534.