

# Free OsteoBuster Exercise Classes

## Site Locations

### Corinth Senior Citizens

22 Hamilton Avenue  
Corinth, NY 12822

Tuesday and Friday  
9:00-10:00 am

### Greenfield Community Center

25 Wilton Road  
Greenfield Center, NY 12833

Tuesday and Friday  
9:00-10:00 am

### Hadley Senior Center

23 Maple Avenue  
Hadley, NY 12835

Monday and Wednesday  
1:15-2:15 pm

### Halfmoon Senior Citizens

287 Lower Newtown Road  
Waterford, NY 12065

Monday and Wednesday  
9:45-10:45 am

### Malta Community Center

1 Bayberry Drive  
Malta, NY 12020

Monday, Wednesday and Friday  
9:00-10:00 am  
Wednesday and Friday  
10:15-11:15 am

### Milton Community Center

310 Northline Road  
Ballston Spa, NY 12020

Tuesday 2:15-3:15 pm  
Friday 11:00-12:00 pm

### Moreau Community Center

144 Main Street  
South Glens Falls, NY 12803

Monday and Friday  
2:15-3:15 pm

Before beginning classes, please fill out  
and return the following documents:

- \* Registration Form
- \* Informed Consent
- \* Physician's Clearance

### Saratoga Senior Center

5 William Street  
Saratoga Springs, NY 12866

Monday and Thursday  
8:30-9:30 am

Monday 10:00-11:00 am  
Thursday 12:30-1:30 pm

### Saratoga Town Hall

12 Spring Street  
Schuylerville, NY 12871

Tuesday and Thursday  
8:30-9:30 am

### Clifton Park Senior Comm. Ctr.

6 Clifton Common Blvd.  
Clifton Park, NY 12065

Monday & Wednesday  
2:30-3:30 pm

Friday 2:45-3:45 pm

### Wilton Firehouse

270 Ballard Road  
Wilton, NY 12831

Monday and Thursday  
10:00-11:00 am

## What is Osteoporosis?

*The word osteoporosis means “porous bone”. Bone under a microscope looks like a honeycomb. If you have osteoporosis, your bones have bigger holes and spaces in the honeycomb than healthy bone. This means your bones have lost density and, as a result, your bones become weak and may break more easily. Bone loss occurs without symptoms which is why it is often called the silent disease. Fortunately, osteoporosis is a disease you can do something about!*

### Treatment

*Even though there is currently no cure, osteoporosis can be treated, and broken bones can be prevented. Recognition of risk factors and early detection are important things to discuss with your physician. Making healthy lifestyle choices can help prevent osteoporosis. The key to building stronger bones is strength training exercises. These exercises stress the bones which, in response to the stress, grow new bone tissue. This is the whole basis of the RSVP Osteoporosis Prevention Exercise Program.*

## The OsteoBusters Program!

*The OsteoBusters Exercise and Education Program is a free, community-based program designed for women and men aged 50+ that encourages participants to take steps to build and maintain strong bones. The main focus of the program is to help those attending the classes to improve bone and overall health through exercise including strength training, balance exercises, and gentle stretching. Nutrition, safety training, and education are also important aspects discussed during the class. This is a low-impact program, using both hand and leg weights which are provided at each site.*

*The key to success is a commitment to attend the classes twice weekly for a month!*



# OSTEO BUSTERS Of Saratoga County Exercise & Education Program To Help Prevent Osteoporosis and



## Exercise & Education Program To Help Prevent Osteoporosis and Promote Bone Health

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