

What is Osteoporosis?

The word Osteoporosis means “porous bone.”

Under a microscope, bone 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, education, exercise, and making healthy lifestyle choices can help prevent osteoporosis.

How do I get started?

Call RSVP @ 518-884-4110

We will send you the Medical Clearance Form to be filled out by your doctor and an Informed Consent Form to be completed by you.



Healthy Bones for Life!

The Healthy Bones for Life Exercise and Education Program is a free, community-based program designed for men and women who are 55+. The exercise program consists of weight-bearing exercises, muscle strengthening, flexibility, posture training, and balance exercises. These exercises, along with a healthy diet rich in Calcium and Vitamin D, have been shown to help maintain and improve bone health.

This is a low-impact program using both hand and leg weights that are provided at each site.

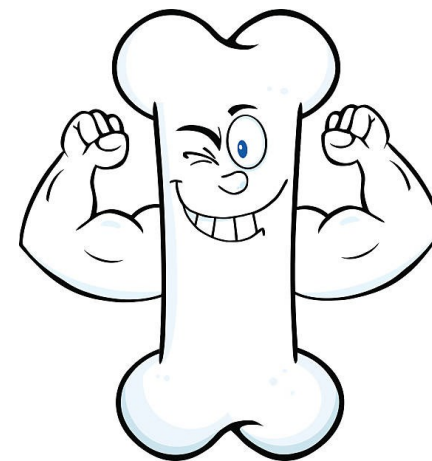
The KEY to success is a commitment to attend classes twice weekly for a minimum of 6 months!

Donovan Ryan

Retired & Senior Volunteer Program Director
Saratoga County Department of
Aging and Youth Services

152 West High Street
Ballston Spa, NY 12020

Email: djryan@saratogacountyny.gov



Healthy Bones for Life

Osteoporosis Exercise & Education Program

Keeping your Skeleton Strong
AND
Helping your Bone Health

**A free exercise program offered
in partnership between:**

RSVP (Retired Senior Volunteer Program)

&

***Saratoga County Department of
Aging and Youth Services***

Free Exercise Classes

Site Locations

Clifton Park Senior Center

6 Clifton Common Court
Clifton Park, NY 12065

Monday, Wednesday, Friday
2:30pm-3:30pm

Greenfield Community Center

25 Wilton Road
Greenfield Center, NY 12833

Monday and Wednesday
9:00am-10:00am

Halfmoon Senior Center

287 Lower Newtown Road
Waterford, NY 12188

Monday and Wednesday
9:30am-10:30am

Malta Community Center

1 Bayberry Drive
Malta, NY 12020

Monday, Wednesday, Friday
9:00am-10:00am

Wednesday and Friday
10:00am-11:00am

Moreau Community Center

144 Main Street
South Glens Falls, NY 12803

Tuesday and Friday
8:30am-9:30am

Saratoga Senior Center

290 West Avenue, Suite 1
Saratoga Springs, NY 12866

Monday and Friday
10:00am-11:00am

Saratoga Town Hall

12 Spring Street
Schuylerville, NY 12871

Monday and Thursday
8:30am-9:30am

Shelly Park Community Room

19 Elm Street
Gansevoort, NY 12831

Tuesday and Friday
8:30am-9:30am

Wilton Firehouse

270 Ballard Road
Wilton, NY 12831

Monday and Thursday
10:00am-11:00am

****Day, time, and location are subject to
change****

***Please call Donovan @ 518-884-4110
for more information.***

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

- * Informed Consent**
- * Medical Clearance**

Call RSVP @ 518-884-4110 to obtain these documents