

## 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.

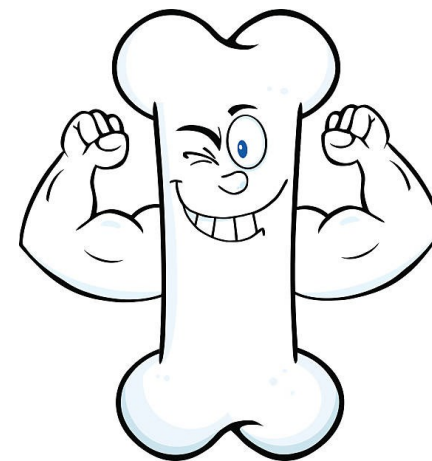
**The KEY to success is a commitment to attend classes twice weekly for a minimum of 6 months!**

### **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](mailto:djryan@saratogacountyny.gov)



## **Healthy Bones for Life**

### **Osteoporosis Exercise & Education Program**

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Keeping your Skeleton Strong  
**AND**  
Helping your Bone Health

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**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  
9:00am-10:00am

*Please note new time!*

### **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**