

BONE BUILDERS

Light weight training and exercise program designed to increase bone density and prevent or delay osteoporosis



Mondays 10:30AM to 11:30AM

Thursdays 9:30AM to 10:30AM

**at the Veterans Memorial Center
Merritt Island**

Classes begin Monday, June 8

Please sign up in advance

(321) 806-3752 • RSVP@AgingMattersBrevard.org

