

# STRONG BONES

**NEXT SERIES STARTS SOON!**



**STRONG BONES** is a program designed for people with Osteoporosis or Osteopenia.

This 8 week class provides an intro to functional strength training to help **build and maintain bone density!**

**Thursdays**  
**at 5:00PM**  
**DOWNTOWN**



*in partnership with Cayuga Medical Center*

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