



What is Osteoporosis?

Osteoporosis is a condition in which bone density deteriorates.

- More than 25 million Americans over 65 suffer from osteoporosis.
- Menopause lowers estrogen needed for bone growth & development.
- After age 30, bone density naturally begins a slow, gradual decline.
- Osteoporosis is estimated to cause 1.5 million fractures annually in the U.S.

Prevention & Reduction

Research shows that you can increase your bone density at any age by doing recommended weight bearing exercises.



Become a Class Leader

You can make a difference! Volunteer trainers are Bone Builder participants that lead group exercise classes. With the training provided by Arrowhead RSVP, you can fight osteoporosis while helping other do the same.

RSVP Bone Builders

Bone Builders is a group exercise weight training program that was created for adults interested in preventing and reducing osteoporosis. By increasing your muscular strength and bone density, you can protect yourself from osteoporosis.

Benefits

- **Prevent or Reverse Osteoporosis**
- **Provide Education**
- **Improve Balance & Well-Being**
- **Increase Energy**
- **Increase Socialization**
- **Share Information**

All classes are free!



Class Schedule

Lutsen Town Hall- Lutsen

Mondays and Wednesdays
10:00-11:00 a.m.

Clair Nelson Center- Finland

Mondays and Wednesdays
9:15-10:15 a.m.

Northshore Area Partners- Silver Bay

Tuesdays and Thursdays
9:30-10:30 a.m.

Lakeview Hospital- Two Harbors

Mondays
9:00-10:00 a.m., 10:30-11:30 a.m.

Wednesdays
9:00-10:00 a.m.

The HUB- Grand Marais

Fridays
10:00-11:00 a.m.

Interested in participating or leading a group?

Contact:

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Duluth, Lake & Cook Counties
(218) 409-5991



Osteoporosis Exercise Program

