



## Senior Corps RSVP Osteoporosis Exercise Program



Are you looking for an **Osteoporosis Exercise Classes?**

Classes are structured to help people diagnosed with Osteoporosis or who are at risk for Osteoporosis to maintain strength, flexibility, and function.

Classes are **free**, open to the public, led by trained volunteers and held at the following locations:

Barnstable Senior Center  
Monday, Wednesday, and Friday  
8:00 am and 10:00 am

St. Anthony's Church, E. Falmouth  
Wednesday  
8:30 am

First United Methodist Church, Chatham  
Tuesday and Thursday  
9:00 am

St. Patrick's Church, Falmouth  
Thursday  
9:30 am

St. Elizabeth Seton Church, N. Falmouth  
Monday  
9:30 am

Cataumet United Methodist Church  
Saturday  
9:00 am

Sandwich Wing School  
Monday and Wednesday  
8:00 am

**For more information please call Linda Merrill at 508-394-4630**