

Register now for BONE BUILDERS PROGRAM 2015!

An Osteoporosis prevention exercise program designed for both women *and* men in reducing osteoporosis risk through exercise, nutrition and education.

***Classes will be held on Mondays and Wednesdays from 9:00- 10:00 AM at the TCC building behind the Elmira Town Hall. The leader will be Ann Bishop.

***Fee: There is an annual fee of \$10.00 due at the time of enrollment and then yearly with an updated enrollment form.

***To Register:

Enrollment forms are available here on our website or are available at the Town of Elmira Town Hall, 1255 W. Water Street, Elmira, NY.