



Continuum Health Partners, Inc.

Bone Builders

An exercise class for people with or
at risk for osteoporosis

Bone Builders participants will learn about osteoporosis, be guided through progressive exercises to strengthen the core and back muscles, restore posture, enhance balance and practice good body mechanics with functional activities. Participants will work with free weights and therabands and will gain confidence and a sense of independence in applying learned principles to everyday activities.

Tuesdays And Thursdays, 3:30 - 4:30 pm
Beth Israel Medical Center, 16th Street at 1st Avenue
Linsky Building, 3rd Floor
Department of Physical Medicine and Rehabilitation

\$130 for a 5-week session (10 classes)
class limited to 12 participants

The Instructor: Barbara Schildcrout, a life-time exercise advocate, earned her Master's degree in Physical Therapy from Columbia University. Her 13 years of experience as BIMC includes working with all types of patients including ones with geriatric, orthopedic, cardiac, neurological and musculoskeletal diagnoses.



**To learn more about the program,
to be on the mailing list or
to register for class,
please call (212) 420-2010, after the
message press option 2**

