



*RSVP Bone Builders
is an RSVP/Volunteer Center
Signature Program*



RSVP/VC is a Rutland Community Program
of the Community Care Network and
a proud member agency of United Way



RSVP & The Volunteer Center
provides individuals with a variety of
interesting & diverse volunteer opportunities.
RSVP/VC designs and implements
Signature Programs such as
RSVP Bone Builders
in response to the needs of our community.
We invite you to consider exploring the world
of volunteering. See how you can make
a difference, one person at a time.

Trained Volunteer Coordinators
will assist you in selecting from hundreds
of opportunities to find what suits your needs
best. You can be sure their professional and
personalized support will make your
volunteer experience satisfying and successful.



Contact us today to get started!

RSVP & The Volunteer Center
6 Court Street **OR** 48 Court Street
Rutland, VT 05701 Middlebury, VT 05753
802-775-8220 802-388-7044

email: rsvprutlnd@aol.com (Rutland)
rsvpaddison@volunteersinvt.org (Add Co.)

Check out our website at
www.volunteersinvt.org



**RSVP & The
Volunteer
Center**

**Bone Builders
Program**

*A FREE strength training
&
balance exercise program*



RSVP Bone Builders

What is RSVP Bone Builders?

Simply put, Bone Builders is a strength training and balance exercise program designed to address the issue of osteoporosis. It is delivered by RSVP trained and certified volunteer instructors. Classes meet twice a week at donated sites. The classes are **FREE** of charge and ankle weights are provided.

Proper exercise stresses bone. Stimulated by this stress, bone density increases. RSVP Bone Builders is based on this basic bodily response.



Based on studies published in the New England Journal of Medicine and the Journal of the American Medical Association, people who participated in a weight training program twice weekly gained in bone density, muscle strength, balance, flexibility, energy and well being.

Balance exercises aimed at preventing falls and fractures are a key component of RSVP Bone Builders.

One-half of all American women will experience a fracture due to osteoporosis by the age of 75 and 6 million of the 28 million people who suffer from osteoporosis are men. *Bone Builders classes are designed for both men and women.*

How can I join a Bone Builders class?

You can participate in any of the 60+ classes throughout Rutland and Addison County at any time. Classes are **on-going and FREE** and are held at 50 different donated sites.

*Visit our website at volunteersinvt.org for more details and a complete list of all the classes or call RSVP in your county:
775-8220 in Rutland County or
388-7044 in Addison County*



You can also join with others to launch a new class by volunteering to be a trainer and assisting in obtaining a site. Contact RSVP for more details about getting a class in your area.



____ I am interested in volunteering for the RSVP Bone Builders Program.

____ I am interested in participating in a Bone Builders class.

____ I am enclosing a tax deductible donation for RSVP Bone Builders.

____ I would like information about other volunteer options with RSVP/VC

Name _____ Address _____

City _____ Zip _____ Phone # _____

Return to : **RSVP & The Volunteer Center**
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