

ALBANY JEWISH COMMUNITY CENTER

HEALTHY BONES FOR LIFE

Mondays 1:30 – 2:30pm

Wednesdays 10 – 11am

\$2.25 suggested donation/class

Classes meet in the Massry Senior Center at the Albany JCC.

**** Peer led group exercise ****

Participants must:

- **Commit to attend classes twice/week on a regular basis.**
- **Complete required paperwork before taking the first class.**



This exercise program operates under the direction of
Colonie Senior Service Centers
in collaboration with
Sunnyview Rehabilitation Hospital.



Sidney Albert Albany Jewish Community Center
340 Whitehall Road Albany, NY 12208 518-438-6651 x112
Claire Sigal, Director, Senior Adult Program
claires@albanyjcc.org www.albanyjcc.org