

PALM BAY PARKS & RECREATION

Tony Rosa Community Center 1502 Port Malabar Blvd. NE 321-952-3443



BONE BUILDERS

FREE CLASS

MONDAY & WEDNESDAY

9:30 AM - 10:30 AM

Light weight training and exercise program designed to increase bone density and prevent or delay osteoporosis.

For more details or to sign up call (321) 631-2749 or
RSVP@AgingMattersBrevard.org

For more information visit www.playpalmabay.org



IT STARTS IN
PARKS

**Aging
Matters**
IN BREVARD