

# 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](mailto:RSVP@AgingMattersBrevard.org)

For more information visit [www.playpalmbay.org](http://www.playpalmbay.org)



IT STARTS IN  
**PARKS**

**Aging  
Matters**  
IN BREVARD