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## **Fitness Class: Strengthen Your Bones**

Date and Time

Weekly on Monday at 6:00pm for 10 times

Event Region

Statewide

Event Type

Class

Event Description

*Learn exercises that can help increase bone density and protect against osteoporosis.*

### **About the Event**

This bone-strengthening class led by American Council on Exercise (ACE)-certified instructor Mitch Menik each Monday will guide you through dynamic standing, stretching and chair exercises, performed with or without weights, designed to mildly stress the body.

Such mild stress can spur an increase in bone density and help strengthen the muscles that support the skeletal structure. These movements also help increase flexibility and improve balance to lower the risk of falls. Gentle motions focused on breath work help oxygenate the blood. Please consult your physician before beginning any new exercise regimen.

### **How to Join**

You may register each month by selecting all the sessions you plan to attend and completing a liability waiver. Sign in to your AARP.org account or create an account to register for events. AARP membership is not required. You will receive an email with the Zoom link before class.

Contact AARP Oregon at [oraarp@aarp.org](mailto:oraarp@aarp.org) for more information about this event.

Event Image or Sponsor Logo

Image

