

PRESS RELEASE
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**Be Part of Building Something, Be an RSVP Bone Builders Instructor
NEW BONE BUILDERS INSTRUCTORS NEEDED
Training Scheduled Tuesday, February 11, 2010**

Oxnard RSVP has scheduled a workshop to train new RSVP Bone Builders instructors to help meet demand for the popular osteoporosis prevention exercise program, which helps build bones and community.

Instructors are volunteers, ages 55 and older. The training to lead the free classes is planned for Thursday, February 11th. Necessary equipment is provided.

The classes, which include balance exercises and strength training with light weights, are held twice weekly at sites around Oxnard and provided at no cost to participants. Anyone with a positive attitude, enthusiasm and an interest in staying healthy can lead the class. No experience is required. It is an excellent opportunity to volunteer with a friend as instructors teach in pairs.

To learn more about becoming an RSVP Bone Builders instructor or make a reservation to attend the training, call 385-8019.

According to the National Osteoporosis Foundation, one out of two women and one out of four men over age 50 will have an osteoporosis-related fracture in their lifetime.

Osteoporosis, also called the "silent disease," is responsible for more than 1.5 million fractures annually. Hip fracture risk is increasing most rapidly among Hispanic women.

RSVP is a volunteer recruitment and placement program, helping people 55 and older find volunteer positions that match their interests, talent and available time. The Oxnard RSVP has almost 600 members. To learn more about being an RSVP member or for help finding a volunteer position, call 385-8019.

The Senior Services Program is a division of the City of Oxnard Recreation and Community Services Department.