About Bone Builders

What is Bone Builders?
Bone Builders is an evidence-informed osteoporosis prevention program for older women and men. As we age, our bones naturally become thinner and weaker, increasing the risk of fractures.

Through programs like Bone Builders, Carroll County RSVP empowers older adults to improve their health, remain independent, and stay active in their communities

What to Expect
Each one-hour class meets twice a week and is led by RSVP-trained volunteer instructors.

Participants begin with light weights and gradually increase resistance as their strength improves. There is no high-impact activity, jumping, or intimidating gym atmosphere—just practical exercises designed to build stronger muscles and bones.

Best of all, classes are fun!
Participants enjoy exercising together, sharing information, encouraging one another, and building lasting friendships.

Funding Sources

Funding for this program is provided in part by Carroll County and the NHDOT-FTA Section 5310 Program.

In addition, other sources of income include grants, corporate contributions, major gifts, and contributions throughout Carroll County.

Donations are accepted to help with the cost of mileage reimbursement for the volunteers providing this important service.

Current Classes

East Conway Community Center
Monday & Thursday 10:00 - 11:00 AM

Conway Fire Dept - EMS Training Room
Monday & Thursday 10:30 - 11:30 AM

Eaton Town Hall
Monday & Thursday 9:00 - 10:00 AM

07-2026

CARROLL COUNTY
RETIRED & SENIOR
RSVP
VOLUNTEER PROGRAM
NEW HAMPSHIRE

Bone Builders Program

Carroll County RSVP
PO Box 1033
Conway, NH 03818
603-356-9331

About Osteoporosis

Osteoporosis is a disease that causes bones to become weak and brittle, increasing the risk of fractures. Bone loss occurs naturally with age, and for women, the decrease in estrogen after menopause can accelerate this process.

- Roughly 10 million Americans age 50 and older have osteoporosis.
- An additional 44 million Americans have low bone mass, multiplying their fracture risks.
- About half of all women and up to one in four men over 50 will break a bone due to the condition.

Research published in the *New England Journal of Medicine* and the *Journal of the American Medical Association* has shown that women who participated in a twice-weekly weight-training program for one year experienced:

- Increased bone density
- Greater muscle strength
- Improved balance
- More energy and enhanced overall well-being!

One-half of all American women will experience an osteoporosis-related fracture by age 75—but ***regular strength training can help reduce that risk.***

About the Program

Our program combines:

- Gentle strength training using hand and ankle weights
- Balance exercises to help reduce the risk of falls
- Education on osteoporosis prevention, nutrition, and healthy aging
- Encouragement and support from trained volunteer leaders.

About RSVP

Carroll County RSVP is the largest older adult volunteer program in the nation. We recruit, train, and place older adult volunteers (age 55+) in a host of community-based human service agencies throughout Carroll County.

Many local nonprofit and public organizations are looking for volunteers with a wide variety of skills and interests. Let Carroll County RSVP help match your time, talents, and passions with an opportunity that's right for you.

About our Volunteers

RSVP volunteers share a lifetime of talents, interests, and experience to make a meaningful difference in the lives of others.

By giving just a few hours of your time, you can help improve the quality of life throughout our community while finding purpose, friendship, and fulfillment.

Our Volunteers...

- Come from diverse backgrounds and careers, including retired business leaders, educators, healthcare professionals, social workers, tradespeople, homemakers, and many others.
- Share a lifetime of skills, knowledge, and experience to support RSVP's mission and strengthen our community.
- Choose volunteer opportunities that match their interests, talents, and schedules.
- Build meaningful connections while making a positive impact in the lives of others.
- Range in age from 55 to 95+, proving that it's never too late to make a difference!