

Come Join Us at RSVP Bone Builders

RSVP (Retired Senior Volunteer Program) Bone Builders is a strength training and balance exercise program designated to address the issue of osteoporosis. It is delivered by RSVP trained and certified volunteer instructors. *Anyone interested in taking classes must have a doctor's note to participate.*

- Fun, non-aerobic exercise
- Helps to prevent Osteoporosis
- Free weights provided
- Convenient times
- Classes are free! (*donation only*)

Classes meet every week on Tuesdays and Thursdays

9:00 am – 10:00 am

10:30 am – 11:30 am

Located in the LRH Medical Office Building, 580 St. Johnsbury Road, Littleton, NH
Take the elevator to the Lower Level (LL), then take a left off the elevator and it is the first door on your left.

Questions? Please call RSVP toll free at 1 (877) 711-7787
or LRH Marketing and Community Relations at (603) 444-9304.



Directions to LRH

FROM THE SOUTH (LINCOLN & SOUTH)

I-93 North to Exit 43, right onto Route 135
Right onto St. Johnsbury Road (Route 18)
The hospital is one mile on your right.
Main Entrance - take left
Medical Office Building entrance - take right

FROM THE NORTH (COLEBROOK/LANCASTER)

Route 3 South to Whitefield, to Route 116 West to Littleton
Proceed through Main Street of Littleton
(Route 302 West/Route 10)
At end of Main Street (Y intersection / light)
bear right onto Route 135 East (West Main St.)
Proceed on Route 135 about 2 miles
Turn Left onto St. Johnsbury Road (Route 18)
The hospital is one mile on your right
Main Entrance - take left
Medical Office Building entrance - take right
From the East (Bretton Woods/Conway/ Maine)

FROM THE EAST (BRETTON WOODS/CONWAY/MAINE)

Follow Route 302 to I-93
Get onto I-93 North at Exit 40, Take I-93
Get off Exit 43. Take right onto Route 135
Right onto St. Johnsbury Road (Route 18)
The hospital is one mile on your right
Main Entrance - take left
Medical Office Building entrance - take right

FROM THE SOUTHWEST (WOODSVILLE/LISBON) Southwest (Woodsville/Lisbon)

Take Route 302 to I-93
Get on I-93 at Exit 42, get off at Exit 43
Right onto Route 135
Right onto St. Johnsbury Road (Route 18)
The hospital is one mile on your right
Main Entrance - take left
Medical Office Building entrance - take right

FROM VERMONT

Take Interstate 91 towards St. Johnsbury
At Exit 19 on I-91, take I-93 South
On I-93 get off Exit 43
Right onto St. Johnsbury Road (Route 18)
The hospital is one mile on your right
Main Entrance - take left
Medical Office Building entrance - take right

NOTE: Easy access is available with a drive-through loop at each main entrance, to lessen walking distances. Wheelchairs are available at each entrance. The lobby desk is staffed with volunteers to assist you with directions and questions.