



**TOWNSHIP OF**

**EAST HANOVER**

*Department Of Health & Human Services*

**411 RIDGEDALE AVENUE  
EAST HANOVER, NJ 07936**

[health.dept@easthanovertownship.com](mailto:health.dept@easthanovertownship.com)

*Carlo Di Lizia, M.A.  
Director / Health Officer*

*Telephone: 973-428-3035  
Fax: 973-428-2986*

For Immediate Release:

## **Health EASE “MOVE TODAY” EXERCISE CLASSES OFFERED TO EAST HANOVER AND ROSELAND RESIDENTS!**

The East Hanover and Roseland Health Departments will be sponsoring a new Health EASE “Move Today” exercise class beginning September 28, 2016. The classes will take place from 1-2 pm. in the Tom Rinaldi Recreation Center, 5 th Street, Lurker Park, East Hanover.

Health EASE “Move Today” is a 12 week, 45-60 minute, non-aerobic exercise class for older adults. This program utilizes resistance bands and is designed to: improve flexibility, improve balance, increase stamina, improve muscle strength, improve posture and improve body mechanics.

There is an initial fee of \$10.00 for this program and a \$5.00 fee for returning members. Participants must first get permission from their physician before starting this exercise program. Please call the East Hanover Health Department at 973-428-3035 to register and to obtain the necessary release forms. Spots fill up fast and it will be first come, first serve. Make the decision to start a healthy and safe exercise program today!!

8/23/16

