



TOWNSHIP OF

EAST HANOVER

Department Of Health & Human Services

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PROJECT HEALTHY BONES INFORMATION SESSION
Sept.30, 2016
10-12noon

The East Hanover and Roseland Health Departments will be offering Project Healthy Bones a 24 week osteoporosis exercise and education program for older women and men at risk for, or who have, osteoporosis.

Osteoporosis is a serious medical condition in which bones become thin, brittle and easily broken, particularly the hip, spine and wrist.

The information session will take place at the Tom Rinaldi Recreation Building, 5th Street, Lurker Park, East Hanover. CALL the East Hanover Health Department at 973-428-3035 to register for the information session and learn more about the 24 week exercise and education program.

The exercise and education program will start on October 14th, and is open to those age 55 and over who are residents of East Hanover and Roseland. The program requires a 24-week commitment and physician's permission is mandatory to participate.

Project Healthy Bones is designed to improve strength, balance and flexibility using balance and strength training exercises which target the body's larger muscle groups.

Project Healthy Bones is sponsored by the NJ Dept. of Health & Senior Services.

