



TOWNSHIP OF

EAST HANOVER

Department Of Health & Human Services

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For Immediate Release:

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

The East Hanover and Roseland Health Departments will be sponsoring a new “Move Today” exercise class beginning March 28, 2018. The classes will take place from 1-2 pm. in the Tom Rinaldi Recreation Center, 5 th Street, Lurker Park, East Hanover.

“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 973-888-3065 to register and to obtain the necessary release forms. Please ask for Maria when you call. Spots fill up fast and it will be first come, first serve. Make the decision to start a healthy and safe exercise program today!!

1/12/18

