



# Do You Want Healthier Bones?

Try A *Healthy Bones Exercise Class!*

Class consists of chair and strength training exercises proven to help the fight against osteoporosis.

Class meets every **Monday** from 9:30am – 11:00am on the lower level of the Church of the Messiah located at 50 Route 24, Chester.

***A new session begins in May 2009!***

(\*Interested in an evening class? ...possible evening session available in May with enough interest. **Peer Instructors needed, call SRC for details!**)

***Call*** The Senior Resource Center at 908-879-2202 to reserve your spot.

There is no cost to attend the class, however, a \$24.00 donation is accepted to pay for training manual and weights which you will own upon completion of the class.

*Project Healthy Bones is a strength training exercise program for older adults with or at risk of osteoporosis. The program was developed through the NJ DHSS osteoporosis education and outreach program. The program includes exercises to improve strength, balance and flexibility. The 24 – week curriculum also has an interactive educational component on the importance of exercise, nutrition, safety, drug-therapy and lifestyle factors that relate to osteoporosis.*

