

# Project Healthy Bones



Osteoporosis Prevention Exercise & Education Program: Project Healthy Bones Beginner class is a 24 week curriculum of exercise; that targets the body's larger muscle groups to improve strength, balance and flexibility. The program has an interactive educational component on the importance of exercise, nutrition, safety, drug therapy and lifestyle factors that relate to osteoporosis. We also have Guest Speakers from the Medical Community that share their knowledge, answer questions and share updates on osteoporosis. Once you graduate from the 24 week program you can enroll in an ongoing Healthy Bones class that focuses on Exercises only. Project Healthy Bones is not a sit and listen type of course; but is highly interactive and fun with lots of exercises and opportunities for discussion. Using hand weights and ankle weights, you will learn the proper exercise techniques and posture to perform high intensity, low impact strength training exercises. These evidence-based exercises help to improve or stabilize bone density, increase strength, balance, flexibility and build muscle mass.

**Beginner Class** – Starts in May (first come- first serve- Wait list only)

**Day:** Thursdays

**Time:** 9am-11am

**Location:** Senior Center

**Registration is required. You must fill out a waiver and medical clearance form to enter the class No charge. No prior experience necessary. \$25.00 Donation requested for Manual and Weights**

To Register email: [elangeveld@co.hunterdon.nj.us](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128.

**Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services  
- Senior Fitness Programs**