

# Getting Stronger



This is an extension of the Healthy Bones concept enhanced by additional repetitions and movements. Healthy Bones is a prerequisite for joining this class, as is the progress made in the prior program.  
Pre-requisite: Beginner Healthy Bones

Location: Frenchtown Presbyterian Church, Frenchtown  
Days: Wednesdays  
Time: 9:30am

**Registration is required You must fill out a waiver and medical clearance form to enter the class No charge.**

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