

MORRIS COUNTY DIVISION OF PUBLIC HEALTH PRESENTS

PROJECT HEALTHY BONES



Do you have or are at risk for Osteoporosis? Do you want to strengthen your bones and muscles? Do you want to meet new friends who share common goals?



JOIN US FOR A PROJECT HEALTHY BONES WORKSHOP!

Project Healthy Bones is a **24-week exercise and educational program** for adults with or at risk for Osteoporosis. The goal of Project Healthy Bones is to reduce falls and fractures by improving posture, strength, and flexibility, any by encouraging a bone-healthy lifestyle. During the workshop participants will learn about different health topics, such as safe exercise, Osteoporosis diagnosis and treatment, medications, nutrition, falls prevention and safe movement.

For more information on this program, please contact:

973-631-5489

or

973-682-4940



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Public Health
Prevent. Promote. Protect.