

PROJECT HEALTHY BONES



CLASSES

Hamilton Township Public Library

- 1 Justice Samuel Alito, Jr. Way, Hamilton, NJ 08619
- Mondays, 9:30 AM and 11:00 AM
- Class meets in the Community Room on the lower level. Ample parking is available.

Cathedral of St. Mary of the Assumption

- 151 N. Warren St., Trenton, NJ 08608
- Thursdays, 10:00 AM
- Class meets in the church basement. Entrance on the side of the building away from the street. Parking available at the back of the church.

Trent Center West Senior Apartments

- 465 Greenwood Ave. Trenton, NJ 08609
- Wednesdays, 10:00 AM
- Class meets in the basement. Ample parking is available.

South Village Apartments

- 312 Lalor Street Trenton, NJ 08611
- Tuesdays, 10:00 AM
- Class meets in Community Room. Ample parking is available in lot located on Stokely Ave.

Lawrence Township Senior Center

- Lawrenceville, NJ 08648
- Tuesdays, 1:30-3:00 PM
- Class meets in the community room. Ample parking is available.

REGISTRATION

The program is free-of-charge, but registration is required. To register, contact Program Coordinator, Evita Giron at evita@icgmc.org, or by calling 609-393-9922. Participation is limited to 15 participants per class.

You must provide a Medical Clearance form, completed by your physician, and a Release form prior to participating in the program. Fax the forms to our office, at 609-586-1919, or hand in the Peer Leader at the first session.

PARTICIPANT INFORMATION

- Classes include presentations by medical professionals, weight-bearing exercises, Q&A sessions, and healthy snacks.
- Dress comfortably for the exercise sessions. We recommend sweat suit or shorts/tee shirt and sneakers or walking shoes (closed shoes required at all exercise sessions).
- Bring bottle of water, preferably at least 12 oz.
- Beginning with session four, ankle and wrist weights will be part of the strength training exercises. We provide weights to anyone who needs them.
- Each class is approximately 90 minutes long. The entire course runs for 24 weeks. Participation in all sessions is recommended for the best results.