

Participant Testimonials

“This is a very encouraging atmosphere making you want to do more to be healthy. It’s a great way to exercise, and improve health and gain confidence. I became aware of good posture and improved my balance, a big problem for me. It was a big help after double knee replacement this summer.”

~ **Ann R.**

“PHB has helped me be more consistent in doing the exercises—the group setting, the class commitment and the people all keep me interested and committed to keeping it up.”

~ **Susan J.**

“It has provided me with the awareness that changes can be made to reverse bone loss or maintain present level. Osteoporosis has been with me for a number of years. These classes give me hope that I can work on being in charge of it rather than letting it take over my life. These classes are a gift to me.”

~ **Mary L.**



Above: Registered Dietitian, Coleen M., facilitates an education session on MyPlate for adults.

- The New Jersey Interagency Council on Osteoporosis presented Interfaith Caregivers of Greater Mercer County with the Community Advocate Award for outstanding service in the prevention of Osteoporosis (June 2015).
- Interfaith Caregivers has been identified as providing the only bilingual Project Healthy Bones class in the state of New Jersey (2015).

Funded by grants from the Mercer County Office on Aging, the NJ Office of Faith Based Initiatives, and the Lawrence Township Community Foundation. Project Healthy Bones is a program of the NJ Department of Human Services.

INTERFAITH
Caregivers
GREATER MERCER COUNTY

Project Healthy Bones

An Osteoporosis Prevention,
Exercise, and Education
Program for Older Adults



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www.icgmc.org

Project Healthy Bones

Interfaith Caregivers offers an exciting, no-cost exercise program for older adults with, or at risk for, osteoporosis. The program is called *Project Healthy Bones*.

Project Healthy Bones:

- A 24-week exercise program that targets the body's larger muscle groups to improve posture, strength, balance, and flexibility.
- An education program that covers the importance of exercise, nutrition, safety, drug therapy, and lifestyle factors that relate to osteoporosis.
- An opportunity to hear presentations by health care professionals on topics related

to bone and overall health.



Left: Participants perform strength-training exercises.

Osteoporosis:

- Osteoporosis is a disease that thins and weakens bones to the point where they can break easily.
- More than 90 percent of hip fractures are associated with osteoporosis and nine out of 10 hip fractures in older adults are the result of a fall.

Reduce Your Risk or Severity of Osteoporosis By:

- Getting enough calcium and vitamin D in your diet;
- Doing regular weight-bearing and resistance exercise for bone and muscle strength, flexibility, and balance;
- Avoiding smoking and limiting alcoholic beverages, and
- Getting regular exercise and receiving nutrition education to help improve strength, balance, flexibility, improve/maintain bone density, and reduce falls through programs like *Project Healthy Bones*.



Above: Participant performs balance exercises.

Class Sites and Details:

Hamilton Township Public Library

1 Justice Samuel A. Alito Jr. Way
Hamilton Township, NJ 08619

Trent Center West

465 Greenwood Ave.
Trenton, NJ 08609

St. Mary's Cathedral

151 N. Warren St.
Trenton, NJ 08608

South Village

312 Lalor Street
Trenton, NJ 08611

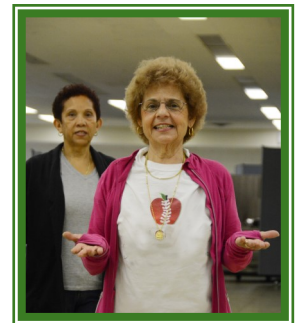
Lawrence Twp. Senior Center

30 E Darrah Lane
Lawrenceville, NJ 08648

- A Medical Clearance form must be completed by your physician before you begin participation.
- Classes meet once a week for 24 weeks per session.
- Classes are limited to 15 participants.

If you, or someone you know, would enjoy or benefit from this program, please call Interfaith Caregivers at

609-393-9922 or visit www.ICGMC.org.



Above: Participant performs the waiter's walk.