



Project Healthy Bones



Fitness Lovers
Joyful Friendly Individuals
Passionate About Teaching

Interfaith Caregivers is looking for Peer Leaders to lead our Project Healthy Bones (PHB) classes

PHB is a statewide health and wellness exercise program for seniors at risk of or who have osteoporosis. Due to the popularity of this program, there is a need for more Peer Leaders. If you meet the criteria below and are interested in learning more about this rewarding volunteer opportunity, please call us at

609-393-9922

PHB Peer Leader is a volunteer position for Project Healthy Bones. Volunteers must be at least 21 years old and be willing to submit to a background/motor vehicle check. Mandatory 2-session training required. Classes are held morning and afternoons Monday-Thursday at various locations in Hamilton, Lawrenceville and Trenton.



SCAN FOR MORE
INFORMATION

Learn more about Project Healthy Bones by scanning with your mobile phone camera.

INTERFAITH
Caregivers
GREATER MERCER COUNTY
www.icgmc.org