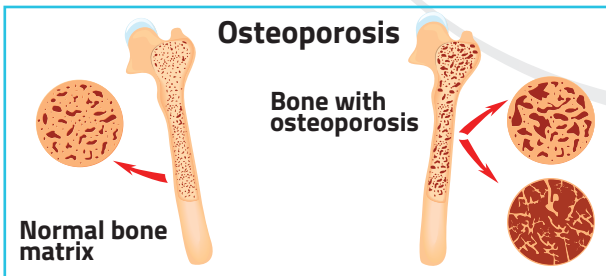


# Osteoporosis

- 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 result from a fall.

## How to reduce the risk of Osteoporosis

- Getting enough calcium and Vitamin D in your diet.
- Regular weight-bearing and resistance exercises for bone and muscle strength, flexibility, and balance.
- Avoid smoking and limit alcoholic beverages.
- 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.



*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, Division of Aging Services.*

# Project Healthy Bones



*An Osteoporosis Prevention, Exercise, and Education Program For Older Adults*

INTERFAITH  
*Caregivers*  
GREATER MERCER COUNTY

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Email: [info@ICGMC.org](mailto:info@ICGMC.org)  
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INTERFAITH  
*Caregivers*  
GREATER MERCER COUNTY

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# The Program

Project Healthy Bones (PHB) was created in 1997 by the New Jersey Interagency on Osteoporosis and the New Jersey Department of Health and Senior Services, now known as the Department of Human Services, Division of Aging Services. The PHB low-impact exercises are based on research at Tufts University on strength training and improving bone density.

ICGMC offers this exercise program at no cost to older adults in Mercer County who live with or are at risk of developing osteoporosis or osteopenia.

# What is Project Healthy Bones

A 24-week exercise program that targets the body's larger muscle groups to improve posture, strength, balance, and flexibility.

Educational curriculum covers the importance of exercise, nutrition, home safety, drug therapy, and lifestyle factors related to osteoporosis.

Aims to reduce the risk of falls and fractures of participants by improving balance and bone strength, and encouraging a bone-healthy lifestyle.

*If you, or someone you know, would enjoy the benefits from this program, please call Interfaith Caregivers of Greater Mercer County at 609 393-9922 or visit - [www.icgmc.org](http://www.icgmc.org)*

# What They're Saying...

*"A very encouraging atmosphere...it's a great way to exercise and improve health and gain confidence!"*

*"Project Healthy Bones has provided me with the awareness that changes can be made to reverse bone loss."*

*"These classes give me hope that I can work on being in charge of osteoporosis rather than letting it take over my life."*

*"It has increased my strength and gives me confidence."*



# Schedule and Locations PHB Classes

PHB Classes are held Monday - Thursday, at varying times and locations, including:

Virtual Class - on Zoom  
(for existing PHB participants ONLY)

Current in-person classes:

- Hamilton Library
- Lawrence Township Senior Center
- St. Mary's Cathedral

*Two Additional Trenton In-person Classes Returning Soon.*

Call ICGMC for updated schedule and to sign up for classes at **609-393-9922**.

Your physician must complete a Medical Clearance form before you begin participation. Classes meet once a week for 24 weeks per session.

Once you are enrolled, you will receive:

- A PHB manual equipped with example exercises and educational material.
- Weighted ankle cuffs.
- A support system of peer leaders and coordinators.

Participants are encouraged to bring their own hand weights.