

# VOLUNTEER TO BECOME A PEER LEADER!

**Project Healthy Bones celebrated 25 years of strong bones!** This program is made possible due to our dedicated leaders and coordinators. To ensure a future of healthy, happy bones in New Jersey, attend a training and join a program in Mercer County!



To join a Project Healthy Bones class or to become a Volunteer Peer Leader, please call 609-393-9922 or email us at [info@icgmc.org](mailto:info@icgmc.org)

## STATE-WIDE, PHB HAS...

**143 classes, 241 peer leaders, 2,516 participants...and growing!**

## HEALTHY BONES ARE FOR EVERYONE!

*It's never too late, or too early,  
to take care of your bones.*

### FOR MORE INFORMATION:

Interfaith Caregivers of  
Greater Mercer County  
3635 Quakerbridge Road, Suite 16  
Hamilton, NJ 08619  
(609) 393-9922  
[www.icgmc.org](http://www.icgmc.org)  
[info@icgmc.org](mailto:info@icgmc.org)



## PROJECT HEALTHY BONES

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

INTERFAITH  
*Caregivers*  
GREATER MERCER COUNTY



Project Healthy Bones is part of  
New Jersey Department of Human Services  
Division of Aging Services

## ABOUT THE PROGRAM

**Project Healthy Bones (PHB)** was developed in 1998 by the New Jersey Interagency Council on Osteoporosis and the New Jersey Department of Human Services, Division of Aging Services.

The program consists of 24 sessions and meets weekly for 1 ½ hours. The program utilizes both exercise and education, designed for those with osteoporosis or osteopenia.

**OUR GOAL** is to improve balance and bone strength, reduce the risk of falls and fractures, and encourage a bone healthy lifestyle.

Trained Volunteer Peer Leaders lead the classes, overseeing each program to assure program fidelity.

Project Healthy Bones is free of charge, but in some locations, there may be a nominal fee for printing of the program manuals and hand or ankle weights.

On average, each class has about 20 participants. Classes are held in various locations throughout the State.

## OUR PARTICIPANTS

Project Healthy Bones is for everyone! Our programs are held in various communities throughout the state, and each program is unique in the participants they serve. On average, the age of our participants is 76 years old but varies from 60-99! Some of our participants have been in the program since it began. Participants who complete the program report improved balance and strength, reduced fear of falling, greater awareness of posture, and more energy to lead active, healthy lives.

### WHO CAN JOIN?

If you are 60 years of age or older, reside in Mercer County, and have or are at risk for developing osteoporosis or osteopenia, you are eligible to participate!



*PHB has given me the tools to have control over certain aspects of my life in order to stay healthy!*

## HOW TO JOIN

### • Call to Inquire

Call our PHB Program Coordinator at 609-393-9922. Joining Project Healthy Bones is a great step towards bettering your bone health. We look forward to welcoming you!

### • Medical Clearance

Your doctor must complete our medical clearance form prior to your participation. You can print it from our website or we can fax it directly to your doctor.

### • Join a Class

Class schedules vary by location. Current Interfaith classes are available in Hamilton, Lawrence Township, Robbinsville, and Trenton. Our PHB Coordinator will share details on times and program specifics upon inquiry.