



INTERFAITH
Caregivers
GREATER MERCER COUNTY



AGING IN PLACE:

*Building Strength for
Independence*

FREE EVENT OPEN TO THE PUBLIC

 Tuesday, March 17, 2026
RSVP encouraged

 1:30-3:00pm

 **Hamilton Township Public Library**
Room 3
1 Justice Samuel Alito, Jr., Way
Hamilton, NJ 08619

Join us as Hamilton Physical Therapy gives an informative talk focused on helping older adults stay strong, steady, and independent at home.

Learn how functional exercises improve mobility, posture, and balance, and how strengthening key muscle groups can reduce fall risk.

Presented by:



For more information please call
Interfaith Caregivers 609-393-9922

click here to RSVP