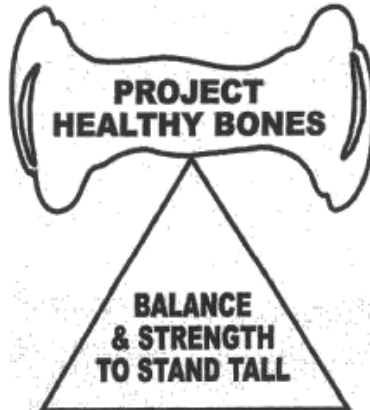




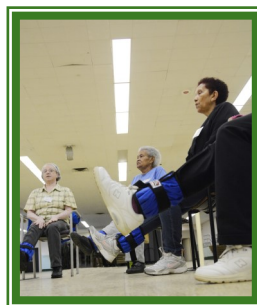
Join us for an exciting and free twenty-four week exercise and education program for older women and men at risk for, or who have osteoporosis.



**Orientation January 11, 2017 @ 1:30**  
**Lawrence Senior Center**  
**30 E Darrah Ln,**  
**Lawrenceville, NJ 08648**

**Please call the Office on Aging at 609-844-7048 for more information and enrollment materials.**

Join the fun, make new friends, interact with guest speakers and improve your well-being. Class size is limited, so call today!



Healthy Bones is an osteoporosis prevention, exercise and education program developed in part by the NJ Department of Health and Senior Services, presented by Interfaith Caregivers of Greater Mercer County, and presently funded through a grant from the Mercer County Office on Aging.