



Project
H⁺HEALTHY
BONES
EDUCATE. EXERCISE. EMPOWER.

DISCOVER MORE ABOUT
BONE HEALTH
WITH PROJECT HEALTHY BONES
A **FREE** 24-WEEK EXERCISE
AND EDUCATION PROGRAM



POSTURE



BALANCE



STRENGTH



NUTRITION

NEW CLASS ADDED!

THURSDAY'S BEGINNING SEPTEMBER 12, 2024

1:00 - 2:30pm

SPACE IS LIMITED. REGISTRATION REQUIRED.
FOR NEW PHB PARTICIPANTS ONLY.

CALL TO REGISTER

609-393-9922

Maria Sergio PHB Coordinator

