

## DISCOVER MORE ABOUT

## **BONE HEALTH**

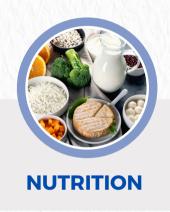
WITH PROJECT HEALTHY BONES

A FREE 24-WEEK EXERCISE AND EDUCATION PROGRAM









## **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



