



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 starts Tuesday, September 11, 2018

1:30 pm to 3:00pm

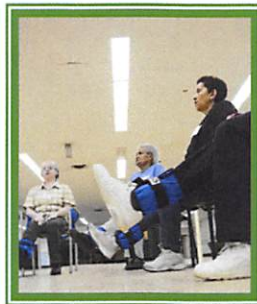
Lawrence Senior Center

30 E Darrah Lane

Lawrenceville, NJ 08648

Please call the Office on Aging at 609-844-7048 and enrollment materials.

Join the fun, make new friends, and improve your well-being! Class 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.