



TOWNSHIP OF

EAST HANOVER

Department Of Health & Human Services

411 RIDGEDALE AVENUE

EAST HANOVER, NJ 07936

health.dept@easthanovertownship.com

Carlo Di Lizia, M.A.
Director / Health Officer

Telephone: 973-888-6035

Fax: 973-428-2986

For Immediate Release: 8/19/24

PROJECT HEALTHY BONES INFORMATION SESSION

October 11, 2024

10am-12 noon

The East Hanover and Roseland Health Departments will be offering Project Healthy Bones a 24 week osteoporosis exercise and education program for women and men at risk for, or who have, osteoporosis.

Osteoporosis is a serious medical condition in which bones become thin, brittle and easily broken, particularly the hip, spine and wrist. Project Healthy Bones is designed to improve strength, balance and flexibility using balance and strength training exercises which target the body's larger muscle groups.

The information session open to East Hanover and Roseland residents will take place at the Tom Rinaldi Recreation Building, 5th Street, Lurker Park, East Hanover. CALL the East Hanover Health Department at 973-888-6035 to register for the information session and learn more about the 2 hour/24 week exercise and education program.

The exercise and education program will start on November 1, 2024 and requires a 24-week commitment and a physician's release is mandatory to participate.

Project Healthy Bones is sponsored by the NJ Dept. of Human Services.



Public Health
Prevent. Promote. Protect.