

The East Hanover & Roseland Health Departments in partnership with the N. J. Department of Health  
and Senior Services are proud to introduce

# Project Healthy Bones

Please join us for a free Information Session to **learn more** about  
Project Healthy Bones (a 24-week osteoporosis exercise and  
education class).



**WHEN: September 27, 2019 from 10:00 am-11:00 am**

**WHERE: Tom Rinaldi Center, 5<sup>th</sup> Street, East Hanover**  
(off Eagle Rock Ave, across from Sorrento's Bakery)

**CALL: Please call the East Hanover Health Department**  
**at**  
**# 973-888-6035 to register**

Project Healthy Bones is sponsored by the NJ Department of Health & Senior Services.