



Project Healthy Bones: Osteoporosis Class

Registration:

Call: 732-236-7969

Email: blakes@uognj.com

Location:

2 Worlds Fair Drive
Somerset, NJ 08873

Class Schedule:

February – March

- Tuesday @ 10:30 am
- Friday @ 10:30 am

Cost:

- \$40 for a set of classes (24 classes)
Fees include a 10-lb ankle weight and "Project Health Bones" manual.
- \$20 for any additional set of 24 classes

Project Healthy Bones Program:

Project Healthy Bones is a 24-week exercise and education program for women and men who are either at risk for, or have osteoporosis. Exercises are designed to reduce the risk of falling, improve strength, balance, and flexibility.

Classes include:

- Low impact strength training exercise program including balance, flexibility, weight-bearing and resistance.
- Educational program covering topics about nutrition, medications, prevention, diagnosis, and treatment.

University Orthopaedic Associates is an official "Project Healthy Bones" site.



Somerset
2 Worlds Fair Dr.
Somerset, NJ 08873

Mercer
211 North Harrison St.
Princeton, NJ 08540

Monmouth
4810 Belmar Blvd.
Wall, NJ 07753