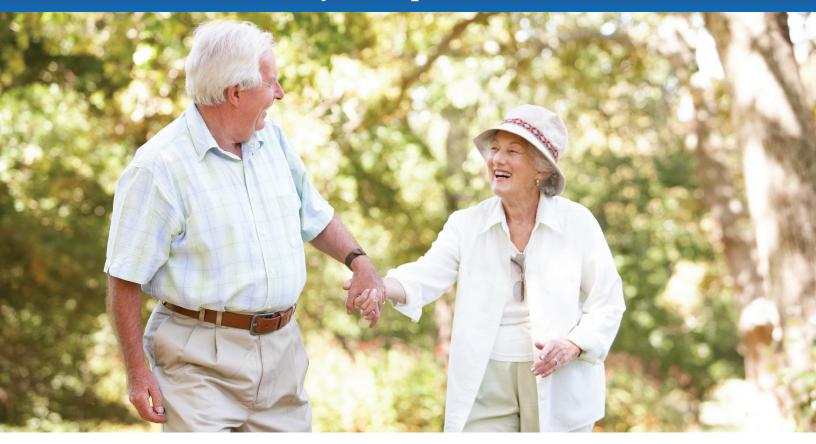
## University Orthopaedic Associates



# **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

www.UOANJ.com 1-855-UOA-DOCS