

HEALTH & WELLNESS

Project Healthy Bones



Did you say "bones"? Yes, BONES...

Bone is a living tissue that goes through a life cycle. By the time an adult reaches the **age of 30, bones start changing - they lose their density.**

Osteoporosis has been called the **"silent disease."** Most people do not know that their bones are losing density until they fracture.

For additional information contact Janice Gironda at 908-464-7308 or Peggy Brodeur at 908-665-0046.

Project Healthy Bones classes will be held weekly
on Mondays from 1 to 2 PM.

Class Dates: April 6, 13, 20, 27, May 4, 11, 18

June 1, 8, 15, 22, 29

Register early as enrollment is limited. This is a low impact exercise and education program designed for men and women who have, are at risk of, or are concerned about developing osteoporosis.

New Providence Senior Citizen Center
Phone: (908) 665-0046
15 East Fourth Street, New Providence
Peggy_Brodeur, Senior Citizen Coordinator
Sponsor: New Providence Health Dept.
(908) 464-7308

Our Mission: We welcome all who visit the New Providence Senior Citizens Center. We will treat all individuals as we ourselves would wish to be treated. We expect honesty, courtesy, and respect from all who participate in the New Providence Senior Citizens Center and its activities. We welcome all New Providence residents aged 62 years and over, or those residents who are disabled between the ages of 55 and 62 years, to become MEMBERS of the New Providence Senior Citizens Club. All New Providence residents are asked to fill out a membership card for membership in the New Providence Senior Citizens Club. The Westfield Area Y is a nonprofit human service organization dedicated to developing the full potential of every individual and family in the communities it serves through programs that build healthy spirit, mind and body for all.