

OPEN TO RESIDENTS  
OF EAST HANOVER  
AND ROSELAND!!!

# MOVE TODAY Classes



Date:

Wednesdays, starting September 20, 2017  
(for 12 weeks)



**Time: 1:00pm-2:00pm**

PLACE: Thomas Rinaldi Center,  
5<sup>th</sup> Street, East Hanover

**There is an initial fee of \$10.00 or \$5.00 for  
returning participants.**

*Move Today is a 45-60 minute  
non-aerobic exercise class for  
older adults. The program  
utilizes resistance bands and is  
designed to:*

- improve flexibility*
- improve balance*
- increase stamina*
- increase muscle strength*
- improve posture*
- improve body mechanics*

**INFORMATION!!!**

**For additional information  
and to register for the  
Move Today exercise  
classes,  
please contact the  
East Hanover Health  
Department at  
973-888-6035  
Mandatory physician  
release forms can be  
obtained from the Health  
Dept.**