

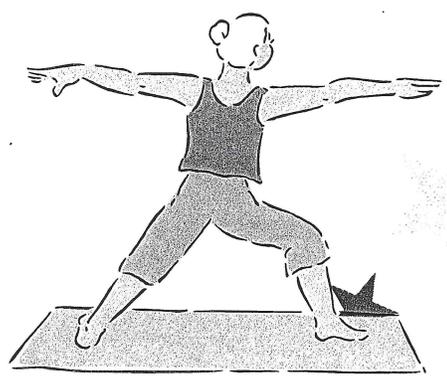
**OPEN TO RESIDENTS  
OF EAST HANOVER  
AND ROSELAND!!!**

# MOVE TODAY Classes



Date:

Wednesdays, starting September 28, 2016  
(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  
973-428-3035  
Mandatory physician  
release forms can be  
obtained from the Health  
Dept.**

## Move Today

### Statement of Medical Clearance for Exercise

Patient Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number: \_\_\_\_\_

The above named patient would like to participate in **Move Today, a non-aerobic exercise class for seniors. The program will consist of posture, flexibility, balance and strength training exercises using resistance bands.**

Move Today was developed by physical therapist, Marjorie Bissinger, MS, PT, CHC and is based on nationally-recognized standards and science.

\_\_\_\_\_ YES, I approve and support her/his participation in this non-aerobic exercise and balance training program.

\_\_\_\_\_ NO, my patient is not eligible to participate in this program due to his/her current medical status.

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date

Physician Information:

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**Please return completed form to your patient.**