

The East Hanover & Roseland Health Departments in partnership with the N. J. Department of Health
and Senior Services are proud to introduce

Project Healthy Bones

Please join us for a free Information Session to learn more about

**Project Healthy Bones. Project Healthy Bones is a 24-week
osteoporosis exercise and education class.**



WHEN: September 30, 2016 from 11:00 am-12:00 noon

WHERE: Tom Rinaldi Center, 5th Street, East Hanover
(off Eagle Rock Ave, across from Sorrento's Bakery)

**CALL: Please call the East Hanover Health Department
at
973-428-3035 to register**

Project Healthy Bones is sponsored by the NJ Department of Health & Senior Services.

The East Hanover & Roseland Health Departments are proud to offer

Project Healthy Bones

Please join us for a preventative, 24-week, osteoporosis exercise class. This class is for residents of East Hanover and Roseland, aged 55 and over. Healthy Bones combines exercise to increase strength and balance and education to increase knowledge about osteoporosis. Healthy Bones requires a 24-week commitment and physician's permission is mandatory to participate.

There is a \$25 initial fee for this program...
And \$10 for returning members



CLASSES: Meet Fridays from 10:00 am-12:00 noon, beginning October 14th, 2016

WHERE: Thomas Rinaldi Center, 5th Street, East Hanover
(off Eagle Rock Ave, across from Sorrento's Bakery)

REGISTRATION: Mandatory, limited and on a first-come, first serve basis.

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973-428-3035

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Statement of Medical Clearance for Exercise

Patient Name: _____

Address: _____

Date of Birth: _____ Phone Number: _____

The above named patient would like to participate in Project Healthy Bones, an exercise and educational program designed to prevent and slow the development of osteoporosis. The program is led by trained Peer Leaders.

The program uses free weight equipment. Muscle exercises are designed to improve balance and strength using progressive ankle and hand weights. Weights begin with 1 lb. and progress as self-determined.

Project Healthy Bones is based on a program developed by the Massachusetts Department of Public Health and Action For Boston Community Development, INC. in consultation with the Nutrition and Exercise Physiology Laboratory at Tufts University. The program is sponsored by the NJ Department of Human Services, Division of Aging Services. For more information: www.state.nj.us/humanservices/doas/services/phb/index.html

_____ **YES**, I approve and support his/her participation in this progressive weight and balance training program.

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

Physician Signature

Date

Physician Information:

Print Name: _____

Address: _____

Telephone: _____

Please return completed form to your patient.