



*PROJECT HEALTHY BONES:
OSTEOPOROSIS
PREVENTION, EXERCISE,
AND EDUCATION PROGRAM*

BECOME A VOLUNTEER PEER LEADER

Osteoporosis is a disease that thins and weakens bones, making them more likely to break. An estimated 10 million people have osteoporosis, and 34 million more have low bone mass. **Project Healthy Bones (PHB)** is a 24-week program for older adults with or at risk for osteoporosis. PHB exercises target the body's larger muscle groups to improve strength, balance, and flexibility. The interactive educational portion addresses health topics, such as exercise, osteoporosis diagnosis and treatment, medications, nutrition, falls prevention, safe movement, and lifestyle factors related to osteoporosis. Peer Leaders lead local workshops in teams of two using an easy to follow manual. Peer Leaders are expected to facilitate at least one workshop per year.

-
- Attend mandatory 2-day training
 - Lunch will not be provided, but you may bring your own or go to a nearby restaurant
 - Dress in exercise attire and wear closed-toe sneakers

For additional information and/or to register for a training, please contact Amy Lewis, alewis@westfieldnj.gov or 908-789-4070 ext. 4080