



## ***Ridgefield Health Department***

*725 Slocum Avenue; Ridgefield, NJ 07657*

*201-943-6062*

**Public Health**  
Prevent. Promote. Protect.

# ***Project Healthy Bones*** **Osteoporosis Awareness Program**

**When:** Thursdays from 9:30am – 10:45am

**Class session:** February 13, 2025 – July 31, 2025

**Where:** Ridgefield Community Center  
725 Slocum Ave; Ridgefield, NJ 07657

- ✓ **Project Healthy Bones** is a 24-week prevention, exercise, and education program for older adults at risk for, or who have osteoporosis.
- ✓ The curriculum includes exercises that target the body's larger muscle groups which are designed to improve strength, balance, and flexibility.
- ✓ Learn about the importance of exercise, nutrition, safety, drug therapy and lifestyle factors as they relate to osteoporosis.

*Note: Class size is limited.*

Call the Ridgefield Health Department at 201-943-6062 for more information about future classes and the necessary requirements.