







# Parsippany LIVE

Lifelong Involvement for Vital Elders


## Project Healthy Bones



*Project Healthy Bones is a low impact exercise program for both women and men of any age who have been diagnosed with or are at risk for osteoporosis.*

-  *Improve or stabilize bone density*
-  *Increase strength, balance and flexibility*
-  *Build muscle mass*

***New Session Starting  
May 12, 2010 • 1:00 PM  
Parsippany Senior Center***



**For more information or to register contact  
Skylands Volunteers RSVP  
The Volunteer Resource Center  
1- 888-387-9830 or email:  
simmonse@norwescap.org  
Administrative Office  
540 Marshall Street, Ste. A3  
Phillipsburg, NJ 08865**



**NORWESCAP**  
Northwest New Jersey Community Action Program, Inc.