SUSSEX COUNTY DIVISION OF SENIOR SERVICES

announces

Project Healthy LivingVolunteer Leadership Opportunities

Enhance your own health while helping others to do the same!

"PROJECT HEALTHY BONES"



Co-lead a 24 session (1-1/2 hours each) workshop series consisting of weight-bearing exercises and education for anyone who has been diagnosed with, or is at risk of developing, osteoporosis. Exercises are designed to improve or stabilize bone density; improve strength, balance and flexibility; and build muscle mass.

"MOVE TODAY"



Co-lead a twelve session (1 hour each) series of workshops using non-aerobic, resistance- band exercises. The program is designed to improve flexibility, balance, stamina, muscle strength, posture and body mechanics.

FREE Leader Training for "PROJECT HEALTHY BONES" and "MOVE TODAY will be offered in the Fall. Each program requires two days of leader training.

Dates and locations to be announced.

Contact the Sussex County Division of Senior Services, 973-579-0555 Ext. 1281, for additional information, or to express your interest in these leadership opportunities. You will be notified when the training sessions are scheduled.