

# SUSSEX COUNTY DIVISION OF SENIOR SERVICES

announces

## *Project Healthy Living* Volunteer 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.***