

MOVE TODAY



“Evidence-based” program with proven outcomes and emphasis on balance and posture with strength training using resistance bands. Both sitting and standing exercises. Resistance bands and manual are provided. Graduates can continue on to Move Tomorrow Class.

Winter 2017

Location: County Senior Center, Flemington
Auditorium

Tuesdays at 11:00am - Begins March 28th
(Runs 12 Weeks)

Registration is required. Seating is limited.

For more information and registration, call (908) 284-6128.

Must bring signed waiver and medical clearance to class.
No Charge.



Open to Hunterdon County residents age 60 and over.
Sponsored by the Hunterdon County
Division of Senior, Disabilities & Veterans
Services / Senior Health & Fitness Program.

