

VOLUNTEERS NEEDED

FITNESS OPPORTUNITIES



Volunteer Instructors needed for Hunterdon County Division of Senior, Disabilities and Veteran Services, Senior Health & Fitness Program:

Gentle Exercise Instructors:

No experience necessary, training provided. Lead exercise, chair and standing, senior population. Using balls and bands. Subs needed in Summer and full time opportunity in Lambertville, once weekly.

Matter of Balance Volunteers:

Full training provided with Manual. “Evidenced Based Program” with proven outcomes. Combination of education and exercise designed to help people improve balance and overcome fears and concerns about falls and increase physical activity. Educational materials provided. (Two day training)

Move Today Volunteers:

Full Training Provided with Manual. “Evidenced Based Program” Class is geared to help participants increase strength, flexibility, balance, and posture. Also helpsto relieve tension & stress, reduce the risk of falls and injury, and fights osteoporosis. (two day training)

For all opportunities; Call Eleanor at 284-6128 or email elangeveld@co.hunterdon.nj.us for more information.

