

Exercise Classes to Improve Bone Health



You will learn appropriate exercises using weights, tubing and your own body weight to improve your bone health

The Office of Human Resources
Invites you to an
EXERCISE/WEIGHT TRAINING PROGRAM
presented by:

Student led program under the direction of
Dr. Toni LaSala, Department of Kinesiology

When: Wednesdays: September 21, 28 and October 5th

Time: 12:30 -1:15 pm

Where: Wightman Gym C

Dress: Sneakers and workout clothes

If you have osteoporosis, please consult your physician prior to exercising!

Please RSVP via email to HUMANRESOURCES@wpunj.edu.
For questions, please contact us via email or call us at extension 2887.