

# VOLUNTEER BECOME A PEER LEADER!

**Project Healthy Bones is celebrating 25 years of strong bones!** This program is only made possible by our dedicated leaders and coordinators. To ensure a future of healthy, happy bones in New Jersey, attend a training and start a program in your community today!



*"It feels good to help others. I am proud to be a part of Project Healthy Bones!"*



## HEALTHY BONES ARE FOR EVERYONE!

*It's never too late, or too early,  
to take care of your bones.*

### FOR MORE INFORMATION:

NJ Department of Human Services  
Division of Aging Services  
[www.aging.nj.gov](http://www.aging.nj.gov)

PHB State Coordinator, Heather Taylor  
609-438-4798  
[Heather.Taylor@dhs.nj.gov](mailto:Heather.Taylor@dhs.nj.gov)



*"My mother was diagnosed with osteoporosis, and I saw the impact it had on her life. Our program helps me take good care of my bones."*

*"My bones are improving, and I am improving as a person because of our class."*

*"It's the best thing I've done for myself."*



## PROJECT HEALTHY BONES

*An Osteoporosis Prevention, Exercise,  
and Education Program for Older Adults*



New Jersey Department of Human Services  
Division of Aging Services

## ABOUT OUR PROGRAM

**Project Healthy Bones** was developed in 1998 by the New Jersey Interagency Council on Osteoporosis and the New Jersey Department of Human Services, Division of Aging Services.

The program consists of 24 sessions and meets weekly for 1 ½ hours. The program utilizes both exercise and education, designed for those with osteoporosis or osteopenia.

**OUR GOAL** is to improve balance and bone strength, reduce the risk of falls and fractures, and encourage a bone-healthy lifestyle.

Trained Peer Leaders lead the classes, and Lead Coordinators oversee each program to assure program fidelity.

Project Healthy Bones is free of charge, but in some locations there may be a nominal fee for printing of the program manuals and hand or ankle weights.

On average, each class has about 20 participants. Classes are held in various locations throughout the State.

To find a Project Healthy Bones class in your county or to become a trained Peer Leader/Lead Coordinator, please visit the New Jersey Division of Aging Service's website at [www.aging.nj.gov](http://www.aging.nj.gov).

## WE HAVE GROWN TO . . .

**143 classes, 241 peer leaders, and 2,516 participants state-wide!**

## OUR PARTICIPANTS

*Project Healthy Bones is for everyone!* Our programs are held in various communities throughout the state, and each program is unique in the participants they serve.



On average, the age of participants is 79 years old, but varies from 48–100 years old. Some of our participants have been in the program since it began in 1998!

Overall, participants who complete the program report improved balance and strength, reduced fear of falling, greater awareness of posture, and more energy day to day to lead an active, healthy life.

## WHO CAN JOIN?

If you are an adult (18+ years) and have or are at risk for developing osteoporosis or osteopenia, you are able to participate!

***"I've met wonderful people and been inspired by their strength in times of difficulty. And...we laugh! It's fun."***



## OUR PEER LEADERS AND LEAD COORDINATORS

**Our Peer Leaders** are leading Project Healthy Bones classes in their community each day. As a Peer Leader, they will set up/demonstrate the exercises, coach for correct performance of the exercises, facilitate interactive discussions on bone health, maintain class records and forms to measure each participant's progress, and most importantly – offer their support and encouragement to participants.

On average, the age of Peer Leaders is 75 years old, but varies from 40 -93 years old. Some Peer Leaders have been in the program since the beginning!

**96% of Peer Leaders Are Volunteers!**



**Lead Coordinators** are typically affiliated with an agency that agrees to act as a Lead Coordinating Agency. As a Lead Coordinator, you will train Peer Leaders to run the program in your community, support Peer Leaders by overseeing the programs they run, assist with scheduling classes, collecting program forms, and submitting reports to the NJ Division of Aging Services each quarter. You will also be able to lead the programs!