



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 helps to relieve tension & stress, reduce the risk of falls and injury, and fights osteoporosis. (two-day training) For all opportunities;

TAKE CONTROL OF YOUR HEALTH:

“Evidenced Based Program” with proven outcomes. Six workshops to change your life! For those living with chronic conditions, learn how to: Manage symptoms, Develop healthy eating & exercise habits, Communicate effectively with your healthcare provider, Manage fear, anger and frustration, Make daily tasks easier, Feel better and enjoy life to the fullest.

MOVE TOMMORROW:

As an extension of the Move Today series. Move Tomorrow continues emphasis on balance, posture and strength and flexibility with some new twists!

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