

# You're invited



Discover helpful tips and activities for *a new way to health* when you join us for our next Braven Health<sup>SM</sup> Wellness Event.

**Date: June 4th**

**Time: 1:30pm**

**This month's topic: Healthy Bones**

**How to join: In-Person**

**About this seminar:**

**Join us to learn how aging affects bone health and ways to prevent osteoporosis. Identify exercises and bone-healthy foods to support a healthy body.**

**For more information, please contact:**

**Senior Center Staff**



A partnership between Horizon Blue Cross Blue Shield of New Jersey, Hackensack Meridian *Health* and RWJBarnabas Health.

## **For accommodations of persons with special needs at meetings call**

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Spanish (Español): Para ayuda en español, llame al **1-855-457-0222** (TTY **711**).

Chinese (中文): 如需中文協助,請致電 **1-855-457-0222** (TTY **711**) °

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