

# *Pine Beach Municipal Alliance*

**Add fun & fitness to your life...**

**Join your friends and neighbors at the  
Pine Beach Municipal Building**

**'Move Today'**

## **SENIOR EXERCISE PROGRAM**

**Thursday mornings, starting September 24th  
Time: 9:00am**

*For more information please call:*

Pine Beach Municipal Alliance – 732-349-6425  
Ocean County Office of Senior Services - 732-929-2091

Learn Simple, Easy and Effective exercises and techniques  
in a fun, motivating and non-intimidating environment.

INCREASE YOUR STRENGTH & FLEXIBILITY - IMPROVE YOUR BALANCE &  
POSTURE - LEARN TO CORRECTLY & SAFELY BEND -  
RELIEVE TENSION & STRESS - REDUCE YOUR RISK OF FALLS & INJURY -  
USE THESE TECHNIQUES IN YOUR EVERYDAY ACTIVITIES  
FIGHT OSTEOPOROSIS & FALLS!!!

**Classes are Free!**

**Ocean County Office of Senior Services HealthEASE**  
*Making Choices Today for Healthier, More Active Tomorrows*  
*(Turn over for more events)*