

# PROJECT HEALTHY BONES

## PEER LEADER & LEAD COORDINATOR TRAINING

Project Healthy Bones (PHB) is a 24-week exercise and educational program for adults with or at risk for osteoporosis. The goal of PHB is to reduce falls and fractures by improving posture, balance, strength, and flexibility, and by encouraging a bone-healthy lifestyle.

Lead Coordinators can also lead classes, but primary responsibilities include recruiting and training Peer Leaders, providing/printing materials for Peer Leaders, as well as promoting and overseeing the program in the community.



### REQUIREMENTS:

- ▲ Must attend **both days** of the training to receive Peer Leader certification. Must attend 2-hour cross-training on Day 2 for Lead Coordinator certification.
- ▲ Lead Coordinators should be affiliated with a facility or agency that agrees to act as a Lead Coordinating Agency.
- ▲ **Registration is required for this training.** Potential Lead Coordinators need to fill out a brief application for registration to be complete.

### REGISTRATION:

For more information or to register contact:

Heather Taylor  
609-438-4798

[Heather.Taylor@dhs.nj.gov](mailto:Heather.Taylor@dhs.nj.gov)

**REGISTER BY: SEPTEMBER 29, 2023**

### TRAINING DETAILS:

- ▲ **DATES:** Wednesday, October 4<sup>th</sup>  
Thursday, October 5<sup>th</sup>
- ▲ **TIME:** Day 1: 9:30 AM – 3:00 PM  
Day 2: 9:30 AM – 2:30 PM  
\* LC Cross-Training: 2:30 PM – 4:30 PM
- ▲ **PLACE:** Parker at Monroe  
395 Schoolhouse Road  
Monroe Township, NJ 08831

### PROGRAM TRAINERS:

**Heather Taylor**, PHB State Coordinator  
**Andrew Biederman**, State Program Trainer



THE PASSION TO LEAD