

# HEALTHY BONES      15 WEEKS

**WEDNESDAY 10 A.M.**

SEPTEMBER 7, 2016 – DECEMBER 21, 2016

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**Cost \$15 Mountainside residents. \$72 Non residents.**

**CHECK TO BE MADE OUT TO THE BOROUGH OF MOUNTAINSIDE**

**PAYMENT MADE TO BOROUGH OF MOUNTAINSIDE**

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give permission to be photographed, and for the photographs to be used in the Borough website and Senior News publications

\_\_\_\_\_  
Signature of Participant

Amount enclosed \$ \_\_\_\_\_

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SEPTEMBER 2016

Dates of class:

**SEPTEMBER 7, 14, 21, 28**

**OCTOBER 5, 12, 19, 26**

**NOVEMBER 2, 9, 16, 30**

**DECEMBER 7, 14, 21**

**Pre-registration required. Enrollment limited**

Questions call Kim Moriak, Senior Coordinator 908-232-4406