

MOVE TODAY SITES

For program locations, schedules and to register, please call the phone number listed for each site.

Move Today is a twelve-session exercise program designed for older adults. Using therabands, the program will help to improve balance, posture, muscle strength, and increase flexibility.

Atlantic County

Immigrants & Minorities Unify Services Association	Atlantic City	609-317-4060
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Bergen County

Bergen Family Center	Englewood	201-568-0817 x129
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Burlington County

Masonic Home of New Jersey	Browns Mills	609-239-3866
Burlington County Health Department	Mt. Holly	609-265-5522

Camden County

Rowan SOM-Dept. of Geriatrics-NJISA	Stratford	856-566-7083
Camden County Dept. of Health & Human Services	Blackwood	856-374-6363
		856-374-5127

Essex County

Bodies By Brownie Wellness Institute, LLC	East Orange	347-675-2375
JCC of MetroWest	West Orange	973-530-3447
Family Connections	East Orange	973-323-3453

Gloucester County

Burlington County College	Glassboro	856-863-0829
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Hudson County

Bayonne Economic Opportunity Foundation Bayonne 201-437-7222

Hunterdon County

Division of Senior Services - Senior Health & Fitness Program Flemington 908-284-6128
Division of Senior Disabilities and Veterans Services Flemington 908-782-7224
Senior Health Services Milford 908-995-2468
DS DVS Hunterdon County Readington 908-782-3967

Mercer County

Division of Aging Services Mercerville 609-588-2819
Henry J. Austin Health Center Trenton 609-278-5952
Energetic Citizens Helping Others (ECHO) Ewing 609-883-5312
West Windsor Health Department West Windsor 609-936-8400 x5024

Middlesex County

Plainsboro Recreation Plainsboro 609-722-1730
Multi-Service Program on Aging Colonia 732-726-6262 x6223
Woodbridge Health Department Woodbridge 732-855-0600 x5024
Senior/Youth Center of Highland Park Highland Park 732-247-8890
Francis Parker Memorial Home, IAC Highland Park 732-565-2400

Monmouth County

Freehold Health Department Freehold 732-718-7141

Morris County

NORWESCAP Rockaway 973-784-4900 x203
Jewish Community Center Whippany 973-267-2430
East Hanover Health Department East Hanover 973-428-3035
Madison Health Department Madison 973-593-3079 x8

Ocean County

Beachwood Senior Women's Club	Beachwood	732-244-2681
Lacey Municipal Alliance	Lacey Twp.	609-693-8223
Leisure Village West	Manchester Twp.	732-597-6075
Ocean Township Municipal Alliance	Ocean Twp.	609-693-5407
Pine Beach Municipal Alliance	Pine Beach	732-349-6425
Plumsted Township Senior Outreach Services	Plumsted Twp.	609-758-2241 x111
Monmouth Medical Southern Campus, The Center for Healthy Living	Lakewood	732-597-6075
Toms River Senior Center	Toms River	732-341-1000 x8461
Long Beach Island Senior Center	Long Beach Island	609-494-8861 x111

Passaic County

NORWESCAP	Rockaway	973-784-4900 x203
Paterson Division of Health	Paterson	973-321-1277 x2715

Salem County

Salem County ADRC	Salem	856-339-8622
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Somerset County

Centerbridge Senior Apt.	Bridgewater	908-725-7899
Freehold Area Health Department	Somerset	610-310-4529
Somerset County Office on Aging & Disability Services	Somerville	908-704-6339

Sussex County

Sussex County Division of Senior Services	Newton	973-579-0555 x1285
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Union County

Newark Beth Israel Medical Center	Elizabeth	973-926-7388
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Warren County

NORWESCAP	Rockaway	973-784-4900 x203
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