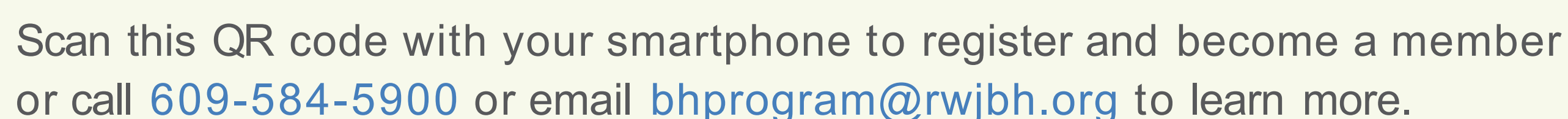




Must be a Better Health Member to attend

A free program for individuals 65+ that integrates health, wellness and education into a welcoming and friendly activity, class, group event or support service to engage the mind, encourage movement and promote reflection. Participate as much or as little as you want, bring your friends or meet new friends, go on outings, and learn from doctors and professionals who prioritize your well-being. Healthy aging is a choice that requires nurturing of the body, mind, and spirit. The Better Health Program focuses on the whole person to create a personalized approach to wellness that is right for you.

The Better Health Program* is located at RWJ Fitness & Wellness Center, 3100 Quakerbridge Road, Hamilton, New Jersey.



Let's be healthy together.

*All programs will be held at the RWJ Fitness & Wellness Center at 3100 Quakerbridge Road in Hamilton unless otherwise noted in the program description. All programs can be found online at rwjbh.org/HamiltonPrograms.