



Senior Strength and Mobility

Friday, April 10, 2026 | 10–11 a.m.

Location: Capital Health – Hamilton

1445 Whitehorse-Mercerville Road, Hamilton, NJ 08619

Laura Rush, a kinesiologist at Capital Health Wellness Center, will lead a class designed to improve functional strength, balance, and overall mobility for daily living. With the use of resistance bands and bodyweight, participants will learn how to build and preserve muscle, reduce the risk of falls, and enhance their quality of independent living.

Register by calling 609.394.4153 or register online at capitalhealth.org/events.
Class size is limited. Please register early.



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