

“Falls Free VT” Mission

Fall prevention is a variety of actions taken in collaboration with a number of different wellness options to reduce falls from occurring, in particular fall-related injuries and deaths. Falls are the number one cause of injury, hospital visits due to trauma, and death from an injury among people age 65 and older. Approximately one in three adults fall annually.

What is Fall Prevention Tai Chi..?

For some people Tai Chi is a martial art -- a slowed down, graceful way of practicing the art of self-protection. According to most legends, this was Tai Chi's beginnings -- back in centuries past when Chinese villagers were not allowed to take up arms or show their ability to fight off the warlords or local gangs threatening them. But for many of the early practitioners, as well as most of us today, Tai Chi is an “internal” martial art. We want to fend off the stresses of modern life, and maintain our agility, balance, overall health, mindfulness, and enjoyment of a mood-lifting experience of practicing these engaging movement forms with others.

Golden Ball Tai Chi

The gentle way to health and well-being

Golden Ball Tai Chi is a unique Tai Chi system that strengthens the body, relaxes the mind and lifts the spirit.

- relaxes tense neck and shoulders
- relieves stiff hips and joints
- improves balance
- helps prevent falls
- restores lost vitality
- improves circulation and digestion
- calms the nerves

Arthritis Foundation Exercise Program

AFEP is a low joint impact physical strength training activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability.

Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

Four Things You Can Do to Prevent Falls:

- 1) **Speak up** - Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2) **Keep moving** - Begin an exercise program to improve your leg strength and balance.
- 3) **Get an annual eye exam** - Replace eyeglasses when needed.
- 4) **Make your home safer** - Remove clutter and tripping hazards.

Revised 4.3.2024

Let's Get Fit!



Line Dancing

Benefits from Line Dancing:

- Cardiovascular muscular strength improves
- Flexibility becomes better
- High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve
- Coordination improves through the different movements
- Improves lung capacity
- Bone strength can increase; bone loss can be stopped or slowed down
- Line dancing can aid in weight control

Bone Builders

The RSVP Bone Builders Osteoporosis Prevention and Reversal Program is an effective combination of weight bearing, balance and stretching exercises.



You can visit different sites within the Northeast Kingdom for a variety of different wellness classes.

Each is designed to improve your flexibility, balance, energy, and to help reduce your risk of disease.

Eligibility starts at 50.

Photo: Participants of FPTC in Hardwick

All wellness classes highlighted in **YELLOW** - Please contact wellness leader to SignUp! All other classes simply "Just Show Up" to attend!

For additional information you can visit our website at www.NEKcouncil.org

Arthritis Foundation Exercise Program by Town

- **Concord**— Community Church
481 Main St. (Folsom Ave. entrance)
Monday & Thursday -2:00 -3:00pm
Contact-Theresa Hovey - 802-695-1318
- **Danville**—AFEP* - ZOOM Meeting
Monday & Wednesday - 10:00am to 11:00am
Call-Emily Sanderson 802-751-0431
- **Hardwick**-Hardwick Senior Center
Thursday -10:00 am - 11:00am
Leader - Sara Behrsing
- **Orleans** - Orleans Federal Church
24 School Street
Tuesday & Friday - 10:00am to 11:00am
Contact-Emily Sanderson - 802-751-0431
Email- esanderson@nekouncil.org
- **St. Johnsbury** - St. Johnsbury House
1207 Main St.
Tuesday & Friday — 9:00 am-10:00 am
- **St. Johnsbury** - United Community Church
1325 Main Street
Mon., Weds., & Fri. - 1:30 pm - 2:30 pm
- **Westfield**—Westfield Community Ctr.
110 Hill Rd.
Tuesday — 9:00 am-10:15 am
Thursday—10:30 am-11:45 am

Bone Builders Exercise Program by Town

- **Derby**—Church of God
295 Crawford Rd. (side entrance)
Monday&Thursday— 2:00 pm-3:00 pm
No Summer hours; restarts after Labor Day
Contact - Emily Sanderson , 802-751-0431
Email - esanderson@nekouncil.org
- **East Haven**— Community Building
64 Community Bldg. Rd (library)
Tuesday—2:00 pm - 3:00 pm
Thursday—10:30 am - 11:30 am
- **E.St.Johnsbury**—Third Congo. Church
Monday& Thursday— 9:00 am-10:00 am
Contact -Anne Woods 802-748-4052
- **Greensboro**—U.C.C Church
165 E. Craftsbury Road
Monday & Wed.—10:00 am-11:00 am
Contact -Cilla Bonney-Smith - 802-533-2357
Email- cbonneysmith@gmail.com
- **Lyndonville**— Municipal Building
Monday& Thursday- 9:00 am - 10:00 am
- **St. Johnsbury**- Union Baptist Church
932 RT5, Waterford, VT
Monday & Thursday- 6:00pm to 7:00pm Contact-Emily Sanderson-802-751-0431 Email-esanderson@nekouncil.org
- **West Burke**—W. Burke Community Ctr.
100 School St.
Monday & Friday—10:00 am-11:00 am

Fall Prevention Tai Chi by Town

- **Greensboro** - U.C.C. Church
165 E. Craftsbury Road
Thursday - 9:30 am - Advanced Class
10:30 am - Beginner Class
- **Hardwick** - Hardwick Area Health Ctr.
Tuesday - 9:30 am - Advanced Class
10:30 am - Beginner Class
- **Peacham**- Peacham Library
Monday-10:00 am - 12:00pm
Contact -Frank Miller 802-592-3140
Email -frank.miller@charter.net
- **St. Johnsbury**—Winter location
1207 Main Street/STJ House
Summer Class - Winter & Main St. Park weather permitting
Thursday -Advanced Class-10:30pm -11:30pm
-Beginner Class - 1:30pm - 2:30pm
Saturday-10:30 am -11:30 am

Golden Ball Tai Chi by Towns

- Contact - Patrica Anderson - 802-748-4944
Email - 2snowpea@gmail.com or **Simply stop by to register**
- **Danville**—Pope Library Comm. Room
Wednesday — 10:00 am-11:00 am
 - **Lyndonville**- Creative Healing and Fitness
518 Main St.
Tuesday - 9:30 am-10:30 am
Fridays - 9:30 am - 10:30 am

- **St. Johnsbury**— Good Living Senior Ctr.
1207 Main St., St. Johnsbury House
Thursday—9:00 am-10:00 am
- **Danville**—Danville Senior Action Ctr.
Thursday -12:00 pm

Line Dancing by Town

- **Troy**—Sacred Heart of Jesus Church/Parish Hall, 130 South Pleasant Street
Wednesday — 6:00 pm-7:00 pm
Contact Pat: 802-988-4193
- **West Burke** - W. Burke Community Ctr.
1st & 3rd **Wednesdays** - 1:00 - 3:00 pm

Chair Yoga Class

- **East Burke**-Sweetwater Studio
135 Sweetwater Lane
Tuesday & Thursday - 9:00am -10:00am

Quahog Dance Theater

- **St. Johnsbury** - St. Andrews Church
Tuesday & Thursday - 10:00am -11:00 am
September - May

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ALL SITES ARE FREE WITH A SUGGESTED DONATION!

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