

## “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 6.4.2025

# Let's Get Fit!



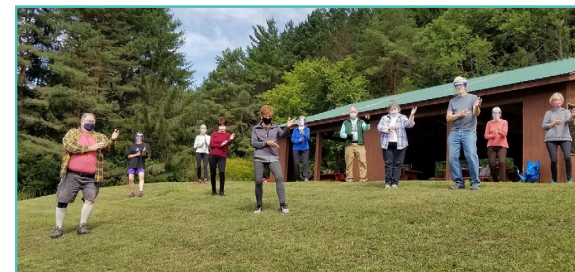
## Line Dancing

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](http://www.NEKcouncil.org)

### Arthritis Foundation Exercise

- **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- E mily 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
- **Westmore** - The Westmore Cottage  
64 Hinton Road  
Thursday - 9:00am to 10:00am

**AFEP Coming Soon to Groton, VT**

### Bone Builders Exercise Program by Town

- **Derby**—Church of God  
295 Crawford Rd. (side entrance)  
Monday & Wednesday – 2:00 pm-3:00 pm  
*No Summerhours; 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.S t.J ohnsbury**—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 Rd  
Monday & Wed.—10:00 am-11:00 am  
Contact -Cilla Bonney-Smith - 802-533-2357  
Email- cbonneysmith@gmail.com
- **Lyndonville** — VFW, 156 Hill St, Lyndonville  
Monday & Thursday - 9:00 am - 10:00 am
- **St. Johnsbury** - Union Baptist Church  
932 RT5, Waterford, VT  
Monday & Weds. - 6:30pm to 7:30pm  
Contact -Jean Paulsen - 802-233-0151
- **West Burke**—W. Burke Community Ctr.  
100 School St.  
Monday & Friday - 10:00 am - 11:00 am

### Fall Prevention Tai Chi by Town

- **Brighton** - Brighton Gym  
49 Mill St., Island Pond  
Thursday - 11:30 am - 12:15 pm
- **Greensboro** - U.C.C. Church  
165 E. Craftsbury Road  
Thursday - 9:30 am - Advanced Class  
10:30 am - Beginner Class  
**Also available by ZOOM**
- **Hardwick** - Hardwick Area Health Ctr.  
Tuesday - 9:30 am - Advanced Class  
10:30 am- Beginners Class  
**Also available by ZOOM**
- **Peacham** - Peacham Library  
Monday- 10:00 am - 12:00pm  
Contact -Frank Miller 802-592-3140  
Email -frank.miller@charter.net
- **St. Johnsbury Locations**  
Beginner Classes  
Thursday at St. Johnsbury House - 1:30pm - 2:30 pm  
Saturday at St. Johnsbury UCC - 10:30am -11:30 am  
Advanced Classes  
Thursdays at Heart Space Yoga & Healing Ctr.  
10:30am - 11:30am

### Golden Ball Tai Chi by Towns

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

**Lyndonville** - Creative Healing and Fitness  
518 Main St., Lyndonville  
Tuesday - 9:30 am - 10:30 am  
Fridays - 9:30 am - 10:30 am

- **St.J. ohnsbury**— 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

### Chair Yoga Class

- EastB u rke- Sweetwater Studio  
135 Sweetwater Lane  
Tuesday & Thursday - 9:00am -10:00am

### Quahog Dance Theater

- St. Johnsbury -Catamount Arts -Cabaret RM  
115 Eastern Ave.  
Tuesday & Thursday - 10:00am -11:30 am  
**Starts October 1st**

For additional information you  
can visit our website at  
[www.NEKcouncil.org](http://www.NEKcouncil.org)

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