

## **Addison County**

### **Stay Steady Guide**

1. **\*Fallscape-** Home-based falls education

Call 802-863-7227 for a FallScape appointment or information.

Fallscape is offered statewide by VT Department of Health and includes: A falls screening, 1-hour session with a trained volunteer in your home or location of your choice, weekly follow-up calls for 3 weeks, 1-hour follow-up session, monthly check-in by phone

2. **Bone Builders-** Strength training

604 Main Street, Orwell, VT 05760

3. **RSVP Bone Builders-** Strength Training

2006 Cutting Hill Road, Shoreham, VT 05753

4. **\*Tai Chi Classes-** Tai Chi

75 Main Street, Middlebury, VT 05753

5. **Go4Life-** <https://go4life.nia.nih.gov/>

This is a program created and sponsored by the National Institute on Aging at NIH. Check the website for videos and descriptions of exercises for strength, balance, and flexibility. You can order a free DVD, exercise book, and a “Workout to Go” poster that includes planned exercise routines.

### **For More Information**

**Call The Senior HelpLine: (800) 642-5119**

**8:30 am to 4:30 pm**

One call to the Senior HelpLine can provide you with the answers you need about the resources and programs that support your health and independence

\* Top Choice: Research tested and demonstrated to be effective for fall prevention