

**Essex County**  
**Stay Steady Guide**

1. **Growing Stronger-** Strength training  
Concord Community Church  
481 Main Street  
Concord, VT 05824  
Strength training program for ages 40+. Small donation requested for the classes & please come early. These are “maintenance & new” ongoing classes, beginners are welcome and will receive special attention.
  
2. **Growing Stronger-** Strength training  
Community Building/Library  
368 VT-114  
East Haven, VT 05837
  
3. **Growing Stronger-** Strength training  
Gilman Senior Meal Site  
67 Riverside Avenue, Gilman VT, 05904
  
4. **Growing Stronger-** Strength training  
Sunrise Manor/Senior Meal Site  
Island Pond, VT 05846
  
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.
  
6. **\*Fallscape-** Home-based falls education  
**Call 802-863-7227 for a FallScope 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.

**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