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/](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 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.

**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