

Grand Isle County

Stay Steady Guide

1. **The Living Strong Program, C.I.D.E.R**
St. Rose of Lima Roman Catholic Church
501 US-2
South Hero, VT 05846
Community-based group exercise program for older adults.
2. ***Tai Chi class**
Community Room at Pine Manor
6 Lake Street
Alburgh, VT 05440
3. ***Tai Chi classes**
Swanton School Apartments
31 Church Street
Swanton, VT 05488
4. ***Tai Chi Program, C.I.D.E.R**
South Hero Congregational Church
24 South Street
South Hero, VT 05486
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 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