**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/](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