

Lamoille County
Stay Steady Guide

1. Bone Builders Classes

Strength Training
Sterling View Community Center
344 VT 15 W.
Hyde Park, VT 05655
Contact Dan (802) 888-2190

2. Bone Builders Classes

Strength Training
Municipal Bldg.
293 Lower Main West
Johnson, VT 05656
Contact Linda (802) 635-7362

3. Bone Builders Classes

Lamoille Senior Citizens Center
24 Main Street
Morrisville, VT 05661

4. Bone Builders Classes

Strength Training
Congregational United Church of Christ
16 Church Street
Jeffersonville, VT 05464
Contact Rorie at Cambridge
Family Practice (802) 644-5114

5. Fall Risk Assessments

Wellness Center, Copley Hospital
528 Washington Highway,
Morrisville, VT 05661
Health screening, classes, support groups.

6. 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.

7. *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