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.

   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