

## Orleans County

### Stay Steady Guide

**1. North Country Wellness Center**

General exercise  
1734 Crawford Farm Road  
Newport, VT 05855  
Class schedule changes  
seasonally. <https://www.northcountryhospital.org/wellness/>

**2. Growing Stronger**

Barton Memorial Building  
19 Village Square  
Barton, VT 05822  
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.

**3. Growing Stronger**

Church of God  
295 Crawford Road  
Derby, VT 05855

**4. Growing Stronger**

165 East Craftsbury Road  
Greensboro, VT 05841

**5. Growing Stronger**

Municipal Building Basement  
Strength training  
222 Main Street  
Newport, VT 05855

**6. \*Tai Chi for Arthritis**

Memorial Building  
19 Village Square, Barton, VT 05822

**7. 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.

**8. \*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

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