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/](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**
   Municipal Building Basement
   Strength training
   222 Main Street
   Newport, VT 05855

5. **Growing Stronger**
   Memorial Building
   19 Village Square, Barton, VT 05822

   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

* Top Choice: Research tested and demonstrated to be effective for fall prevention
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