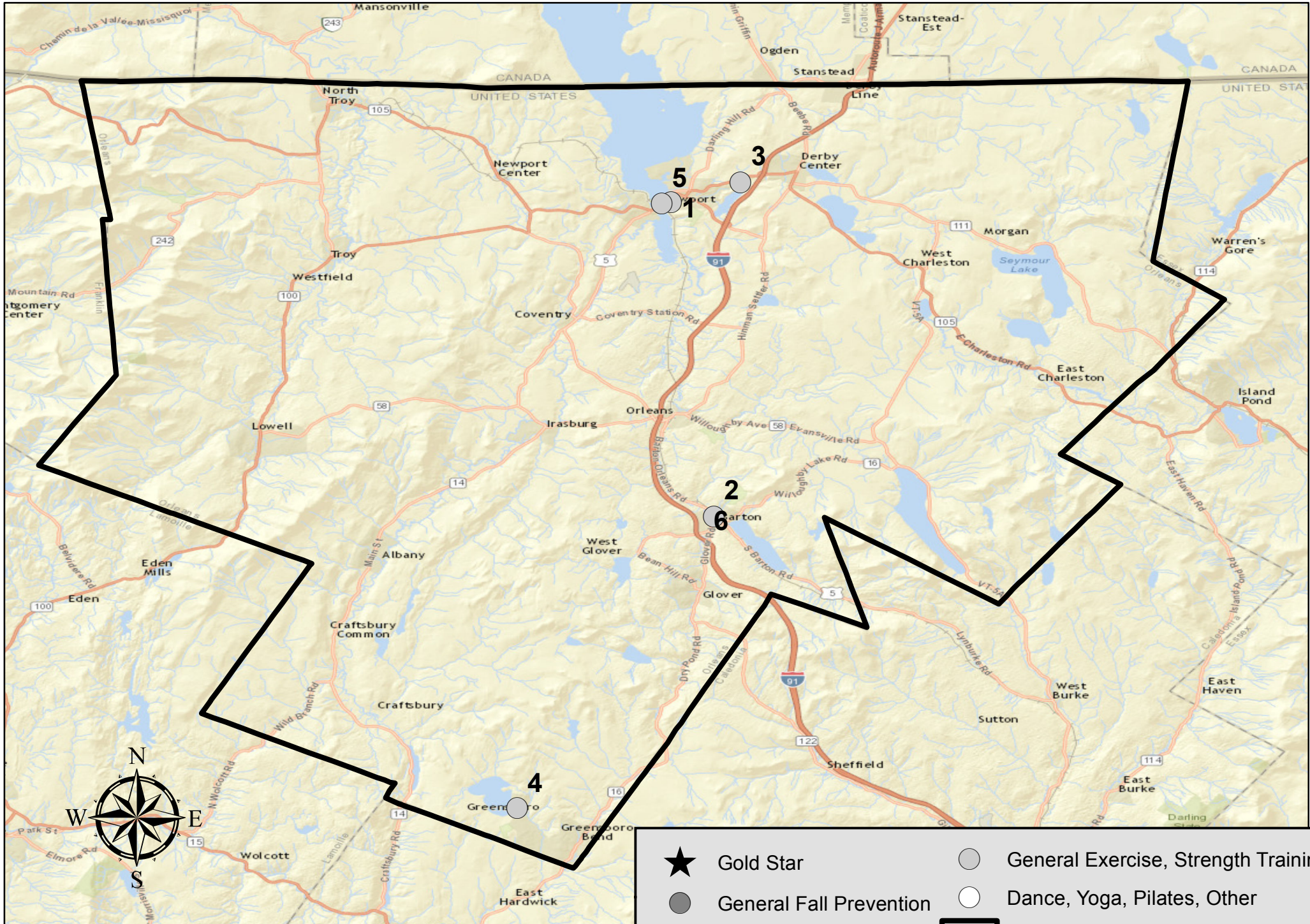


# Stay Steady Guide: Orleans County



★	Gold Star	○	General Exercise, Strength Training
●	General Fall Prevention	○	Dance, Yoga, Pilates, Other
		▭	Orleans