

What is Falls Prevention?

Falls prevention is a variety of actions taken in collaboration with a number of different wellness options to reduce falls from occurring, in particular falls-related injuries and deaths. Falls are the number one cause of injury, hospital visits due to trauma, and death from an injury among people age 65 and older and approximately one in three older adults fall annually.

What is Fall Prevention Tai Chi?

Tai Chi is an enjoyable exercise that can relieve your pain and improve your health. What's more, it is easy to learn — almost anyone can do it. In fact, many people who learn the form, like it so much that they continue to practice and enjoy the benefits of Tai Chi for years.



Golden Ball Tai Chi

The gentle way to health and well-being

Golden Ball Tai Chi is a unique Tai Chi system that strengthens the body, relaxes the mind and lifts the spirit.

Golden Ball Tai Chi

- ◆ relaxes tense neck and shoulders
- ◆ relieves stiff hips and joints
- ◆ improves balance
- ◆ helps prevent falls
- ◆ restores lost vitality
- ◆ improves circulation and digestion
- ◆ calms the nerves
- ◆ increases stamina

Bone Builders

The RSVP Bone Builders Osteoporosis Prevention and Reversal Program is an effective combination of weight bearing, balance and stretching exercises, with nutritional information, and support for all stages of osteoporosis.



Four Things You Can Do to Prevent Falls:

- 1. Speak up** - Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.
- 2. Keep moving** - Begin an exercise program to improve your leg strength and balance.
- 3. Get an annual eye exam** - Replace eyeglasses as needed.
- 4. Make your home safer**— Remove clutter and tripping hazards.



Line Dancing

Here is a list of some of the health benefits of line dancing:

- ◆ Cardiovascular muscular strength improves
- ◆ Flexibility becomes better
- ◆ High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve
- ◆ Coordination improves through the different movements
- ◆ Improves lung capacity
- ◆ Bone strength can increase; bone loss can be stopped or slowed down
- ◆ Line dancing can aid in weight control - half an hour of continuous line dancing can burn an average of 300 calories



Let's Get Fit!

From 8:30 AM until the last work-out at 7 PM, you can go to 26 different sites somewhere in the Northeast Kingdom for exercise.

Each is designed to improve your flexibility, balance, energy, and to help reduce your risk of disease. Eligibility starts at 40.

Want to know more?

Call our Senior Helpline at

1-800-642-5119

Barton— Barton Memorial Building
19 Village Sq.
Tues & Thurs.
10:00—11:00 am > **Bone Builders**

Concord—Community Church
481 Main St. (use Folsom Ave. entrance)
Monday & Thursday
6:00 pm—7:00 pm> **Bone Builders**

Concord—Concord Town Hall
374 Main St.
2nd & 4th Wednesdays
1:00 pm —3:00 pm> **Line Dancing**

Craftsbury—Craftsbury Comm. Care Ctr.
1784 E. Craftsbury Rd
Monday & Thursday
10:00 am—11:30 am> **Bone Builders**

Danville—Danville Congregational Church
87 Hill St.
Tuesday & Thursday
10:30 am—11:30 am > **Bone Builders**

Danville—United Methodist Church
Park St. & Danville Green
Wednesday
10:00 am—11:00 am> **Golden Ball Tai Chi**

Derby—Church of God
295 Crawford Rd. (side entrance)
Monday & Thursday
No Summer Bone Builders
2:00 pm—3:00 pm> **Bone Builders**

Derby—Dailey Memorial Library
101 Junior High Drive
Tuesdays
12:30 pm —1:15 pm> **Fall Prevention Tai Chi**

East Haven— Community Building
64 Community Bldg. Rd (library)
Tuesdays & Thursdays
2:00 pm — 3:00 pm> **Bone Builders**

E. St. Johnsbury—Third Congo. Church
Route 2
Monday & Thursday
9:10 am—10:10 am> **Bone Builders**

Greensboro—U.C.C Church
165 Wilson St.
Monday & Wednesday
10:00 am—11:00 am> **Bone Builders**

Hardwick—GRACE Building
13 Mill St.
Tuesday & Friday
9:30 am—10:30 am> **Bone Builders**

Hardwick—Hardwick Senior Center
High Street
Wednesday
10:00 am—11:00 am> **Fall Prevention Tai Chi**

Island Pond—Town Hall
49 Mill Street Ext.
Tuesday & Thursday
9:00 am—10:00 am> **Bone Builders**

Island Pond—Sunrise Manor
94 Main St.
Friday > Fall Prevention Tai Chi
10:00—11:00 am>
Beginners & Advanced Moves

Jay—Jay Community Center
Cross Road
Tuesday
10:30 am—11:45 am> **Bone Builders**

Lyndonville—Municipal Offices
119 Park St.
Monday & Thursday
9:00 am—10:00 am> **Bone Builders**
10:30 am—11:30 am> **Bone Builders**
Thursday
1:00 pm—3:00 pm> **Line Dancing**

Lyndonville—Northern Physical Therapy
569 Main Street (across from Nicks' Gas & Go)
Mondays
6:00 pm—7:00pm> **Golden Ball Tai Chi**

Lyndonville— United Methodist Church
100 Church St.
Tuesday & Friday
8:30 am-9:30 am> **Golden Ball Tai Chi**

Newport— Municipal Bldg.
222 Main St. (use side door on parking lot)
Tuesday & Thursday
10:00 am—11:00 am> **Bone Builders**

North Troy.—Poulin Building
160 Railroad St
Wednesday
10:30—11:30 am> **Fall Prevention Tai Chi**

Peacham—Peacham Library
656 Bayley Hazen Rd
Wednesdays> Fall Prevention Tai Chi
10:00—10:45 am> **Beginner Class**
11:00—12:00 pm> **Advanced Moves**

St. Johnsbury—St. Johnsbury House
1207 Main St.
Monday & Thursday
8:30 am—9:15am > **Golden Ball Tai Chi**
Tuesday & Friday
9:00 am– 10:00 am > **Bone Builders**

St. Johnsbury — U.C.C.
1325 Main St. (**United Community Church**)
Monday, Wednesday & Friday
1:30 pm– 2:30 pm > **Bone Builders**
Tuesday >Fall Prevention Tai Chi
1:30 pm—2:30 pm>
Beginners & Advanced Moves

Wells River—Spear House Apartments
69 Main St. N.
Tuesday & Thursday
2:30 pm—3:30 pm> **Bone Builders**

West Burke—W. Burke Community Ctr.
100 School St.
Monday & Friday
10:00 am—11:00 am> **Bone Builders**
1st & 3rd Wednesdays
1:00 pm-3:00 pm> **Line Dancing**

Westfield—Westfield Community Ctr.
110 N. Hill Rd.
Thursday
10:30 am—11:45 am> **Bone Builders**