What is Fall Prevention
Tai Chi?..?
For some people Tai Chi is a martial art—a slowed down, graceful way of practicing the art of self-protection. According to most legends, this was Tai Chi’s beginnings—back in centuries past when Chinese villagers were not allowed to take up arms or show their ability to fight off the warlords or local gangs that threatened them. But for many of the early practitioners as well as most of us today, Tai Chi is an "internal" martial art. We want to fend off the stresses of modern life, maintain our agility, balance, and overall health, practice mindfulness, and enjoy the mood-lifting experience of practicing these engaging movement forms with others.

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.

- 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

Arthritis Foundation Exercise Program
AFEP is low joint impact physical strength training activity program proven to reduce pain and decrease stiffness. The sessions include gentle range-of-motion exercises that are suitable for every fitness level and ability. Led by a trained program leader, these enjoyable and motivational classes may be taken either standing or sitting in a chair.

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
Benefits from 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

Bone Builders
The RSVP Bone Builders Osteoporosis Prevention and Reversal Program is an effective combination of weight bearing, balance and stretching exercises.

You can visit 24 different sites within the Northeast Kingdom for a variety of different wellness classes. 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 to sign up today at 1-800-642-5119

Revised 1.7.20
We have additional wellness classes throughout the Kingdom including Level 1 Tai Chi classes, so, please call NEKCOA or refer to our website www.NEKcouncil.org

All sites are free with a suggested donation

*AFEP = Arthritis Foundation Exercise Program

/barton/*
Barton — Barton Memorial Building
19 Village Sq.
- Monday
  10:30 am – 11:30 am > Level 3 FPTC*
- Monday, Weds., & Fri.
  9:00am-10:00am > AFEP
- 2nd & 4th Thursday-unless 1st is a Thursday
  1:00 pm-3:00 pm > Line Dancing

Concord — Community Church
481 Main St. (use Folsom Ave. entrance)
- Monday & Thursday
  6:15 pm-7:15 pm > AFEP*

Concord — Concord Town Hall
374 Main St.
- 2nd & 4th Wednesday-No Winter Line Dancing
  1:00 pm-3:00 pm > Line Dancing

Craftsbury — Craftsbury Comm. Care Ctr.
1784 E. Craftsbury Rd
- Monday & Thursday
  2nd & 4th Wednesday
  2:00 pm

Danville — Congregational Church
87 Hill St.
- Tuesday & Thursday
  10:30 am-11:00 am > AFEP*

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 hours; restarts after Labor Day
  2:00 pm-3:00 pm > Bone Builders

East Haven — Community Building
64 Community Bldg. Rd (library)
- Tuesday & Thursday
  2:00 pm -3:00 pm > Bone Builders

E. St. Johnsbury — Third Congo. Church
Route 2
- Monday & Thursday
  9:00 am-10:00 am > Bone Builders

Greenboro — U.C.C Church
165 Wilson St.
- Monday & Wednesday
  10:00 am-11:00 am > Bone Builders
- Thursday
  10:00 am -11:00 am > All Levels FPTC*

Hardwick — GRACE Building
13 Mill St.
- Monday & Friday- No Summer hours
  9:30 am -10:30 am > Bone Builders

Hardwick — Memorial Building
20 Church Street
- Wednesday
  10:00 am - 11:00 am > FPTC*

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

Jay — Jay Community Center
Cross Road
- Tuesday
  10:30 am -11:45 am > AFEP*

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

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

Peacham — Peacham Library
656 Bayley Hazen Rd
- Wednesday
  10:00 am -10:45 am > All Levels FPTC*

St. Johnsbury — U.U. Congregation
47 Cherry St.
- Thursday
  1:30 pm-2:30 pm > Level 1 FPTC *

St. Johnsbury — U.C.C.
1325 Main St. (United Community Church)
- Monday, Wednesday & Friday
  1:30 pm-2:30 pm > AFEP*
- Tuesday
  1:30 pm-2:30 pm > All Levels FPTC*

Troy — Sacred Heart of Jesus Church/Parish Hall
130 South Pleasant Street
- Wednesday
  6:00pm-7:00pm > Line Dancing

Contact — Pat at 802-988-4193

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 > AFEP*

*FPTC= Fall Prevention Tai Chi