

Program	Description	Time	Audience	Cost
<b>EnhanceFitness (EF)</b>	The EnhanceFitness (EF) class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.	1 hour class 3 classes/week	Adults of all fitness levels who want to establish an exercise routine.	No cost
<b>Living Well with Chronic Conditions (LWCC)</b>	Living Well with Chronic Conditions (LWCC) is a program for people with chronic health problems. The program addresses common symptoms and worries from all types of chronic disease and illnesses.	1 class/week 2.5 hours/class 6 weeks	Adults with 1 or more chronic conditions and their family members or caretakers.	No cost
<b>Otago</b>	Otago is an individually-tailored, home-based balance and strength program. A physical therapist will meet with you to introduce and progress this exercise and walking program.	1 year program 6 in home sessions Monthly follow-up phone calls Quarterly visits	Adults aged 80 and over, who are frail and have a high risk of falling	Reimbursable by Medicare
<b>Stepping On</b>	Stepping On is a fall prevention program that addresses medication, visual impairments, strength, balance, and the home environment.	2 hours/class 1 class/week 7 weeks + a 1-hour reunion class	Adults aged 60 and over who are at risk for falling, have recently fallen, or have a fear of falling.	No cost
<b>Tai Chi for Arthritis and Health</b>	Tai Chi is an enjoyable exercise that can relieve your pain, improve your health, and increase your ability to do things.	1 hour class	Anyone 65 and older is welcome to join!	No cost