

# Senior Wellness Program

The Senior Wellness Project is a health promotion and disease prevention program aimed at giving older adults in the community the tools that will help them stay active and healthy. Beginning in January 2009, events have been held at senior centers, community centers and senior residences throughout northern Rhode Island focusing on health education, health monitoring and health promoting activities.

## WOONSOCKET SENIOR CENTER WELLNESS SCHEDULE:

### Mondays:

10:00am—Weight Loss for Wellness\*  
1:00pm—Seniors in Motion Exercise Class

### Tuesdays:

9:00am-11:00am—Consultations  
10:30am—Health Education Programs  
1:00pm—ZUMBA Fitness

### Wednesdays:

10:00am—Senior Fitness Exercise

### Thursdays:

10:00am—Blood Pressure Screenings  
1:00pm—Line Dancing Class

### Fridays:

10:00am—Chair Exercise

\*Advance Registration Required

Off-site blood pressure screenings:

Colonial Village, N.S. 1st Wednesday @ 1:00pm

Deerfield Common, N.S. 3rd Wednesday @ 1:00pm



Exercise improves balance, builds muscle, lowers blood pressure, improves mobility and decreases falls. All classes are FREE OF CHARGE at the Woonsocket Senior Center.



Our new Senior Wellness Center officially opened in September 2010, providing a dedicated place for health education, screening and consultations.

The Senior Wellness Program is supported by Title IIB of the Older Americans Act through the Rhode Island Department of Elderly Affairs.