

# Meeting **THE** Changing Fitness AND Rehab Needs **OF OUR** Seniors

**T**he Elliot Senior Health Center, 138 Webster Street in Manchester is expanding fitness and rehabilitation services to help you maximize your independence, health and well-being. By adding additional equipment, group exercise offerings and floor space, the Elliot Senior Health Center will continue to provide seniors with the specialized services they need to lead fit, active and independent lives for as long as possible.

Additional cardiovascular equipment including: 2 Nu-Step exercise units, a new strength training room with additional options for toning and targeting your muscles are just a few of examples of what's new. In this new space, we will offer one-on-one orientations as well as personalized exercise programs to fit individual needs. Group exercise programs are offered in the classroom (for a complete listing, see the senior health and fitness offerings under community wellness in this issue). Our team of exercise specialists will continue to help integrate physical activity safely into your life.

The rehabilitation space at the Senior Health Center has also been expanded. Our physical therapists are



uniquely focused experts who promote functional independence. With expertise in orthopedic rehabilitation, neurological conditions, incontinence, balance and vestibular issues, and falls prevention programming, we offer more options to meet your needs. Additionally, we have recently partnered in a balance training research program, and we are actively incorporating exciting new technology for falls prevention, the ActiveStep system. By working with this system, our therapists offer new cutting edge approaches to balance and falls prevention training. Working closely with your physician, our therapists will

establish an individualized rehab plan focused on improving your quality of life and assisting you in maintaining your independence.

Our team at the Senior Health Center can offer you personalized approaches to powering up your life. The synergy between these services creates an enthusiastic and positive atmosphere of support and these expansions increase your options to stay fit and healthy longer. If you would like more information about our services, call 663-1111.

 *Elliot Senior Health Center*