



KEEP IT MOVING SENIOR WELLNESS PROGRAM

Program Overview

The Keep It Moving Senior Wellness Program is a holistic health initiative designed to support older adults in maintaining mobility, independence, and overall quality of life. The program combines physical activity, health education, and social engagement to promote healthy aging.

Program Goals

- Improve mobility, balance, and functional strength
- Reduce the risk of falls and chronic disease complications
- Promote social connection and reduce isolation
- Encourage long-term healthy lifestyle habits

What We Do

- Low-impact group fitness classes (chair fitness, balance training, stretching)
- Health education workshops on chronic disease management, nutrition, and medication safety
- Mind-body activities such as breathing exercises and gentle yoga
- Social wellness activities that foster community and peer support

Expected Outcomes

- Improved physical function and confidence in daily activities
- Increased health knowledge and self-management skills
- Stronger social connections and emotional well-being
- Enhanced overall quality of life for participating seniors