

Free Strength & Balance Program (CHAMP) returning in March!



CHAMP, the Community Health and Mobility Partnership, is a free program designed to improve strength, balance, and mobility in older adults, helping them to stay independent and active for life. This is the seventh year for this innovative program that has screened hundreds of seniors.

The CHAMP Team, includes a nurse and a physical therapist, they conduct an in-depth screening and develop an individualized exercise plan for each participant based on the screening results. Your appointment will include balance, strength and mobility testing. In addition, the team will also do blood pressure checks and a medication review. Initial visits last less than an hour and if you choose to do follow-up appointments they last typically less than 30 minutes.

CHAMP will be held monthly starting March 17 and will occur monthly through November at the McDowell Senior Center.

If you need additional information or would like to schedule an appointment, please call: (828) 659-0821.

For your appointment please bring a list of your current medications and wear comfortable clothing.