

Free Strength & Balance Program (CHAMP)



CHAMP, the Community Health and Mobility Partnership, is designed to improve strength, balance, and mobility in older adults, helping them to stay independent and active for life. The CHAMP Team, including a nurse and physical therapist, conducts an in-depth screening and develops an individualized exercise plan for each participant based on the screening results. This is a free service.

Who Should Participate With CHAMP?

Anyone who:

- Wants to improve strength, balance, or mobility
- Needs instruction in specific exercises to help maintain fitness and independence
- Has concerns about balance or walking
- Needs advice about assistive devices, such as walkers or canes
- Has had one or more falls
- Want to reduce individual risk factors for falls

CHAMP will be held monthly from March through November at the McDowell Senior Center. If you need additional information or would like to schedule an appointment, please call: (828) 659-0821.