



Connecting Volunteers Age 55 and Older to Service Opportunities in  
Bennington, Windham, and Windsor Counties  
[www.rsvpvt.org](http://www.rsvpvt.org)



## New Walking Groups to Start

Green Mountain Retired and Senior Volunteer Program (GMRSVP) is pleased to announce the start of a new Arthritis Foundation exercise program, Walk With Ease. This is an evidence-based program that has been proven to help people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health. A group is already organized for the Brattleboro Senior Center and plans for additional sites are in progress. GMRSVP will recruit and train volunteer leaders for each walking group and cover all the training costs, including CPR certification. The groups will meet three times a week for one hour for six weeks and then a new group will form when ready. This is primarily outdoor walking but the group could suspend during winter or perhaps locate an indoor space. Leaders will set the meeting times, register attendees, guide the walks and cover some short topics, and report their volunteer hours. Multiple leaders can split the class responsibilities.



More information about the program is available at:

<https://www.cdc.gov/arthritis/interventions/programs/wwe-group.htm>

If you are age 55 or older and are interested in taking the training and volunteering to lead a local group, please contact Steve at the GMRSVP Volunteer Center, 974 Western Ave. 254-7515.