

Young at Heart

Strength Training for Seniors

PACE

People with Arthritis Can Exercise

Class Locations . . .

Barnstable

Bourne

Brewster

Dennis

Falmouth

Harwich

Sandwich

Truro

Wellfleet

Yarmouth

Yarmouth Port

New locations are added according to site and instructor availability.

A training program is available for new instructors and volunteers. Call for details.

Toll Free: 1-877-267-7700

How You Can Help

The Visiting Nurse Association of Cape Cod is a not-for-profit agency dependent on the philanthropy of our community. If you are interested in supporting the work of the VNA, please contact the foundation office at 508-957-7700.



the VNA is...

Young at Heart - PACE
Toll Free: 1-877-267-7700
255 Independence Drive
Hyannis, MA 02601

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**VISITING NURSE
ASSOCIATION OF CAPE COD**
Cape Cod Healthcare



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Young at Heart - PACE

A Community Effort To Improve Fitness

The Young at Heart - PACE Program is a collaboration between the Visiting Nurse Association of Cape Cod and the Arthritis Foundation Massachusetts Chapter.

Young at Heart - PACE classes are a friendly and fun way to relieve arthritis symptoms and learn important strengthening exercises.

We start out easy and help you build strength and coordination each week by using adjustable weights and stretch bands.

Our caring class leaders are trained by the Arthritis Foundation. They make sure everyone works at their own ability.

Our class sites are generously provided by local organizations and Councils on Aging. Many Town Health Departments are partnering with the VNA of Cape Cod and Arthritis Foundation to provide low cost classes in their communities.

Our class leaders make everyone feel welcome. They truly enjoy helping others and making sure that everyone works at their own pace.

Young at Heart - PACE is a non-profit offering of the VNA of Cape Cod and the community organizations that assist with providing resources as a service to area seniors.

Who Participates?

Young at Heart - PACE is for older adults who want to improve their muscular strength, flexibility and coordination. Most people have little or no experience lifting weights and many join to relieve symptoms of arthritis.

How Often Do Classes Meet?

Classes typically run in 10-week sessions. Most classes meet two mornings per week and last one hour. There are level 1 classes for beginners and maintenance classes for regular exercisers.

What Is Class Like?

Class starts with a light warm-up followed by strengthening exercises using hand weights, adjustable ankle weights and stretch "thera-bands". All major muscles of the upper and lower body are safely exercised and stretched. Class ends with relaxation.

How Much Does It Cost?

Class fees vary slightly with location and instructor.

To Join The Program

Young at Heart - PACE participants must have their doctor's approval prior to joining. The first step is to call the VNA of Cape Cod toll free at **1-877-267-7700** for a physician approval form. Once this form is returned, you are eligible for the next class in your area. Class fees for the session are due with registration and reserve your spot in class.

NOTE: We cannot provide refunds once payment is processed. You are encouraged to observe a class before joining. Call the toll free number to make an appointment.