Visiting Nurse Association of Cape Cod
Member Cape Cod Healthcare

Strong at Heart

Exercise Program





This FREE exercise program is recommended for generally healthy older adults. A mix of interval training to build strength and endurance while challenging your balance and your brain.

Class is led by an Exercise Physiologist from the VNA of Cape Cod.

Who: Brewster residents 60+

Where: Brewster Senior Center

When: Tuesdays, 2:30- 3:30pm
7/8/25- 8/12/25

Advanced Registration is required

A completed VNA application is required prior to start of program. No walk ins accepted.

(508) 957- 7423