



## *Promoting Healthy Aging* Senior HelpLine: 1-800-642-5119

FOR IMMEDIATE RELEASE

CONTACT:

Mary Hayden  
Director of Development and Communications  
Central Vermont Council on Aging  
802-476-2739  
mhayden@cvcoa.org

### **Central VT Council on Aging Sponsoring Tai Chi Instructor Certification Program**

**Barre, VT (October 6, 2017)** - Central Vermont Council on Aging (CVCOA) seeks energetic and interested volunteers to become certified instructors to teach Fall Prevention Tai Chi to aging Vermonters in our communities. CVCOA is sponsoring these classes for seniors through its Wellness and Volunteer *RSVP* Programs.

For those who will teach as volunteer instructors for CVCOA, there will be no fee. The expectation is that you will teach classes in CVCOA's service area and provide feedback about the classes. CVCOA's service area includes 54 towns in Lamoille, Washington, and Orange counties (with the exception of Thetford), along with the towns of Bethel, Hancock, Granville, Pittsfield, Rochester, Royalton, Sharon, and Stockbridge. Otherwise the fee is \$300 and includes a training DVD and instructional book we will send you when you register, snacks, and beverages during the 2-day workshop, and access to 3-4 "skillbuilder" workshops each year at no further cost.

The training program takes place at the Capitol City Grange in Montpelier, VT, Tuesday and Wednesday, October 24 and 25, 9 am – 5:00 pm. Those interested in becoming certified to lead Falls Prevention Tai Chi should express your interest and receive a registration form by emailing Ellie Hayes, at [grhayes1956@comcast.net](mailto:grhayes1956@comcast.net). The deadline to register is [DATE].

*Central Vermont Council on Aging supports aging with dignity and choice. "RSVP" is a volunteer program sponsored by CVCOA for those 55 and older serving Central Vermont and the Northeast Kingdom. CVCOA receives support and funding for volunteers from Senior Corp programs administered by the Corporation for National and Community Service. Other volunteer opportunities are available on our website at [www.cvcoa.org/volunteer](http://www.cvcoa.org/volunteer). Central Vermont Council on Aging has office locations in Barre, Morrisville, Randolph, South Royalton, Rochester, and Waterbury.*