



45 years of CARING, CONNECTING & COMMUNITY

LEAD THE WAY TO WELLNESS

The Northeast Kingdom Council on Aging is seeking **AFEP (Arthritis Foundation Exercise Program) Leaders in Newport, Gilman/Lunenburg, Canaan, and beyond.**

No fitness experience required—just a caring heart.

We'll cover training costs and provide support so you can help older Vermonters stay strong, steady, and connected.

You choose the days and times that work for you.

Contact: Emily Sanderson

esanderson@nekcouncil.org | (802) 751-0431