

NORTHEAST KINGDOM
Council on Aging



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.

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