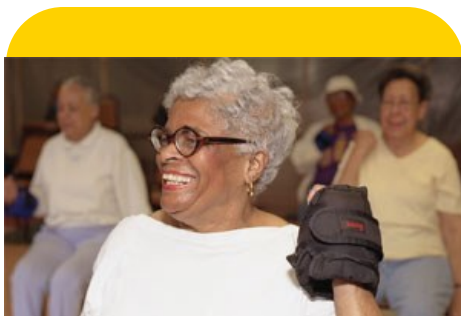


Engage. Empower.



Join the Project Enhance National Network



"I come to EnhanceFitness to get consistent exercise and the proper kind. I know I won't do it on my own. Having cheerful, encouraging, and wise instruction helps me to stay fit." - Shirley, age 80



"Sometimes people just need a nudge in the right direction, to gain education in living a healthy lifestyle. We got out of an unhealthy rut!! Thank you so much!" - Harvey and Ethel S, ages 71 and 68



Project Enhance administers two award-winning, community-based health promotion programs for older adults, **EnhanceFitness** and **EnhanceWellness**.

Positive participant outcomes demonstrate the success of Project Enhance:



helps older adults at all levels of fitness, including those with co-existing chronic conditions.

Classes include cardiovascular, strength, posture, balance and flexibility exercises. Consistent attendance is proven to:

- Increase physical functioning and socialization
- Decrease pain and depression
- Decrease unplanned hospitalizations and healthcare costs



complements healthcare services and yields measurable results in health — an important consideration for providers, funders, health care partners and older adults themselves.

This 1:1 program is a motivational intervention encouraging older adults to take on health challenges and maintain control of their lives. Participants experience:

- Increase in self-efficacy, physical activity and quality of life
- Decrease in hospitalizations, hospital days and psychoactive medication use

Join us in changing lives across the country today!

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A program of

