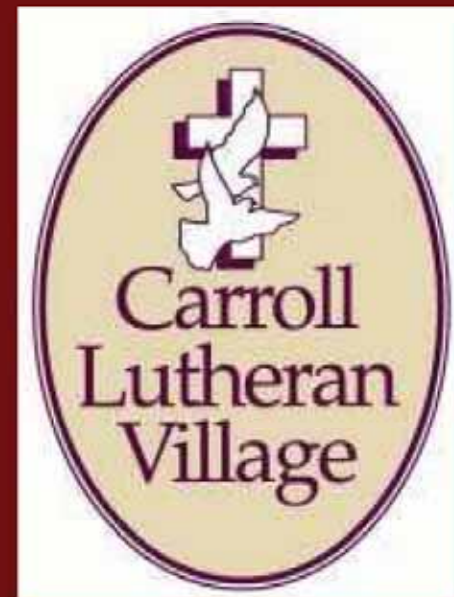
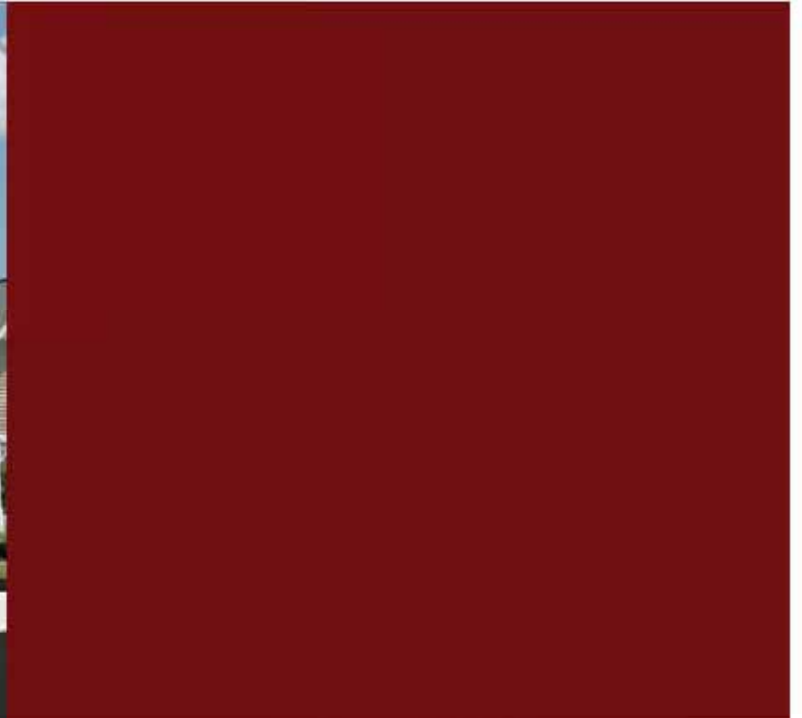


# The Power of COLLAGE -- Carroll Lutheran Village

Melissa Batten, RN  
Wellness Coach  
Carroll Lutheran Village  
Westminster, MD





# Here We Are!



# Why COLLAGE?



# Programs Developed

- Balance Class
- Fall Prevention Class
- Chair Yoga
- Train Your Brain

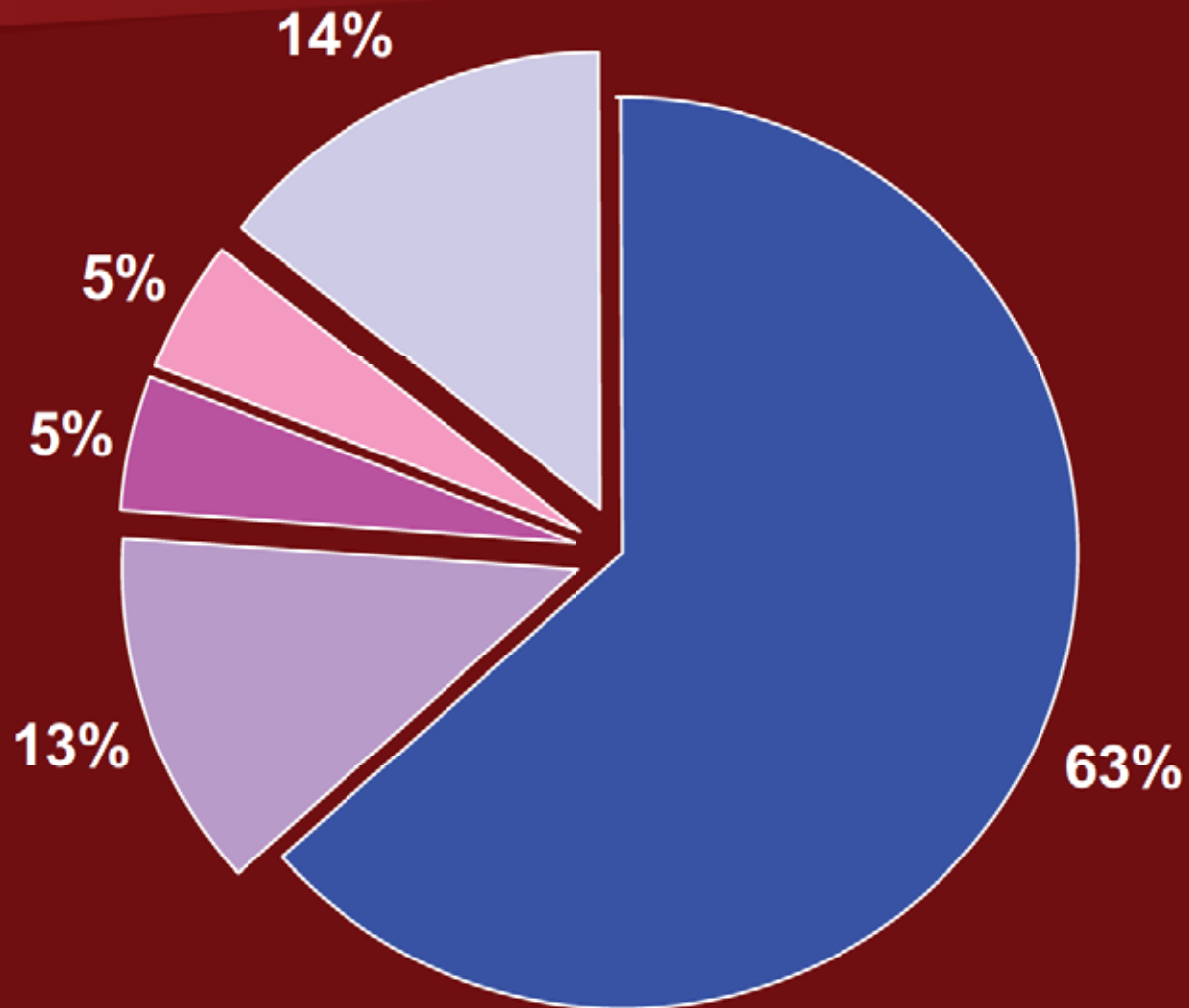
# Balance Class



# Fall Prevention Class



# Unsteady Gait





# Chair Yoga



# Train Your Brain

- One hour class offered for eight weeks
- Information shared
  - Brain health
  - Nutrition
  - Benefits of exercise
- Features short exercise & brain games

# Testimonials

- “Has significantly increased my strength and confidence”
- “This class not only has helped me physically, but it has significantly helped me battle depression.”
- “I didn’t have much faith in this exercise thing...”

# Future Plans

- More deliberate pre & post testing
- New programs for Winter
  - Nutrition
  - Stress Management
  - Intellectual Series

