

HSIM

(Healthy Steps In Motion)

HSIM (Healthy Steps In Motion) is an exercise program that incorporates warm-up, balance, weight resistance/strength training and cool down segments as its program foundation. HSIM was designed by the Pennsylvania Department of Aging and is sponsored by Blair Senior Services, Inc.

The program is offered to area older adults at **NO COST**.

HSIM promotes regular physical activity, which provides many benefits for older adults. Research has shown that older adults who practice weight resistance training improve their balance and coordination, which may decrease their risk for falls. Exercise also can reduce the risk of heart disease and certain types of cancers, increase bone density, strengthen the heart and lungs, reduce stress, and boost energy levels.

Class Location	Dates & Times	Contact
Abundant Life Assembly of God 231 Howard Avenue Altoona, PA 16601	Monday, Wednesday & Friday 8:15 to 9:30 a.m. & 10:00 to 11:00 a.m.	Marjorie Burchfield, UPMC Altoona, Site Coordinator: 889-3123
Central Blair Senior Center Blair Senior Services, Inc 1320 12 th Avenue Altoona, PA 16601	Monday, Wednesday & Friday 8:30 to 9:30 a.m. & 9:45 a.m. to 10:45 a.m.	Tiffany Finamore, Center Coordinator: 946-1235
First Presbyterian Church 601 Walnut Street Hollidaysburg, PA 16648	Monday, Wednesday & Friday 8:30 to 9:30 a.m.	Norma Czerwinki, Site Coordinator: 695-5195
Jaffa Mosque (lower level) Broad Avenue and 22 nd Street Altoona, PA 16601	Monday, Wednesday & Friday 8:30 to 9:30 a.m.	Judy Harding, Site Coordinator: 942-5572
Northern Blair Senior Center 505 Third Street Tyrone, PA 16686	Monday, Wednesday & Friday 9:00 to 10:00 a.m.	Christina Fultz, Center Coordinator: 684-7853
Southern Blair Senior Center 15229 Dunnings Highway East Freedom, PA 16637	Tuesday and Thursday 9:30 to 10:30 a.m.	Sondra Stacey, Center Coordinator: 317-5181



BLAIR SENIOR SERVICES

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