

# ACTIVE AGING PROGRAM



Visiting Nurse & Hospice of Fairfield County's Active Aging program offers private, personal fitness training for adults of all ages and levels of ability who wish to improve and maintain their overall physical fitness.

Our Active Aging fitness program offers:

- Customized in-home instruction with an emphasis on improving strength, flexibility, balance and cardiovascular endurance.
- An in-depth initial assessment to establish personal fitness goals.
- Special programs for adults recovering from an injury, surgery, illness and/or with physical limitations.
- Group fitness instruction available.

**Fitness Trainer – Julienne Camhi, HFS, CPT**

## Education & Certifications

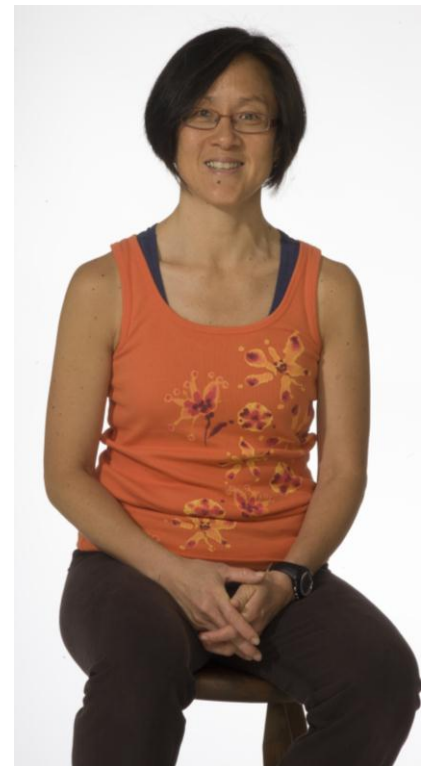
- Master of Science - Rensselaer Polytechnic Institute
- Health Fitness Specialist, Personal Trainer certified by the American College of Sports Medicine
- Certified Tai Chi Instructor

## Areas of Expertise

- Post rehabilitation fitness training
- Senior adult fitness training
- Balance and strength training

## Experience

- Julienne Camhi has more than ten years of experience as a fitness instructor and personal fitness trainer working with adults of all ages.



What people are saying about the Active Aging fitness program:

*"I hate to exercise but Julienne is so motivating that I wish I could meet with her more than once a week!"*

- Pam, Age 68, Wilton Senior Center

**Visiting Nurse  
& Hospice**  
of Fairfield County 

Formerly Nursing & Home Care and Mid-Fairfield Hospice

For more information about the  
Active Aging Fitness Program,  
call 203-762-8958.