Are you interested in creating and leading a fun and exciting exercise program for low-income senior citizens?

*Independence Village is looking for Kinesiology students who are interested in creating and implementing an exercise program for seniors.*

Independence Village is an independent living facility for low-income seniors and non-senior disabled adults, located in Fruita. Independent living means that our residents are self-sufficient enough to live on their own; we are not an assisted living facility. Many of our residents have expressed interest in taking part in some type of exercise program, but very few have the resources to join a gym or group exercise program. We believe that implementing a weekly or bi-weekly exercise class could allow our residents maintain their independent living and help them to better age in place.

This is a wonderful opportunity to gain hands-on experience with the elderly population. If you’re interested in volunteering your time to help our seniors increase their overall health and wellness please contact:

**JESSIE MCLANAHAN**

*Resident Service Coordinator*

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