



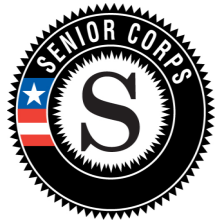
*Movers & Shakers*

*is an RSVP/Volunteer Center*

*Signature Program and a*

*Collaborative Project With*

*The Godnick Adult Center*



*The Godnick Adult Center is part  
of the Rutland City  
Recreation and Parks Department*



**RSVP/VC is a Rutland Community Program  
of the Community Care Network**

**RSVP & The Volunteer Center**  
provides individuals with a variety of  
interesting & diverse volunteer opportunities.  
RSVP/VC designs and implements  
Signature Programs such as  
**The Movers and Shakers**  
in response to the needs of our community.  
We invite you to consider exploring the world  
of volunteering. See how you can make  
a difference, one person at a time.

Trained Volunteer Coordinators  
will assist you in selecting from hundreds  
of opportunities to find what suits your needs  
best. You can be sure their professional and  
personalized support will make your  
volunteer experience satisfying and successful.

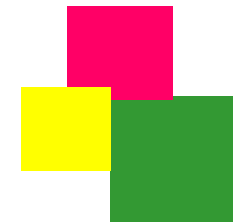


**Contact us today to volunteer!**

**RSVP & The Volunteer Center  
6 Court Street  
Rutland, VT 05701**

**email: [rsvpfgp@gmail.com](mailto:rsvpfgp@gmail.com)**

**Check out our website at  
[www.volunteersinvt.org](http://www.volunteersinvt.org)**



**RSVP &  
The Godnick  
Adult Center**

***Movers & Shakers***

***A FREE exercise  
program for those  
living with Parkinson's  
and other related diseases  
and their loved ones.***



### What is Parkinson's disease?

Parkinson's is a neurological disorder that may lead to tremor, stiffness and difficulty in movement. Every year about 60,000 Americans are diagnosed with Parkinson's and the diagnosis is more likely for those over the age of 60. It is a degenerative illness, but studies have shown that **regular exercise** may slow the progression of the disease.



The **Movers & Shakers** program is based upon a variety of exercises. No equipment is necessary to participate and everyone works to his/her capacity.

**Both caregivers and those living with Parkinson's disease or other related diseases are welcome.**

**How can I join the Movers & Shakers?**  
The Movers & Shakers meets every week at the **Godnick Adult Center** in Rutland. The program is **FREE** and open to anyone to join at anytime.

There are volunteer instructors available to work with you. For more information please call the Godnick Center at 773-1853.



**Movers & Shakers Provides Support**  
The weekly exercise group provides benefits for the participants that include physical exercises, socialization, sharing useful ideas, and providing support for one another.

Caregivers are encouraged to participate and assist with the exercises at home.

Learn more by visiting the RSVF website at [www.volunteersinvt.org](http://www.volunteersinvt.org) or email at [rsvpfip@gmail.com](mailto:rsvpfip@gmail.com)

- \_\_\_\_ **I am interested in volunteering for the Movers & Shakers Program**
- \_\_\_\_ **I am interested in participating in the Movers & Shakers Program**
- \_\_\_\_ **I am enclosing a tax deductible donation for Movers & Shakers**
- \_\_\_\_ **I would like information about other volunteer options with RSVF/VC**

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

**Return to : RSVF & The Volunteer Center  
6 Court Street  
Rutland, VT 05701**