



Cranston Senior Enrichment Center  
1070 Cranston Street, Cranston, RI 02920  
Phone: 401-780-6000  
Fax: 401-780-6166  
Web address: [www.cranstonri.com](http://www.cranstonri.com)

### **Healthy Futures Program**

The Cranston Retired Senior Volunteer Program (RSVP) is looking for individuals 55 years of age and older to serve as ***“Healthy Futures Consultants”***. Under Healthy Futures, trained senior volunteers will conduct **“How to Prevent Falls at Home”** program. The program consists of 8 one (1) hour sessions for groups of 10 to 12 participants. The program is designed to reduce the fear of falling and increase the activity levels of older adults who have this concern.

All Healthy Futures workshops will be coordinated with the Cranston Department of Senior Services’ RSVP Office.

RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you’ve learned over the years, or develop new ones while serving in a variety of volunteer activities within your community.

#### **For More Information:**

David Quiroa, RSVP Director  
401-780-6180