

# Physical Activity Opportunities for Older Adults

## White County

### **Frog Pond Nature Trail at Unicoi State Park**

**1788 Hwy 356, Helen, GA**

- 1/3 mile loop with compacted soil surface / 25 minute walk / Rated easy

### **Helen to Hardman Heritage Trail**

**143 Highway 17, Sautee Nacoochee (Hardman Farm Welcome Center)**

- one mile trail (2 miles round trip) is ADA accessible

### **Truett McConnell Wellness Center - 706-865-2134 Ext 4105**

**100 Alumni Drive, Cleveland, GA 30528**

- Walking track
- Fitness Center
- A leisure pool
- 2 racquetball courts and 3 basketball courts
- Wellness Classes

### **White County Parks and Recreation - 706-865-5275**

**327 Asbestos Rd, Cleveland, GA**

- Tai Chi
- Yoga
- Water Aerobics
- SilverSneakers classes
- Silver and Fit classes

Call for class times and fees

### **White County Senior Center - 706-865-4097**

**1239 Helen Hwy, Cleveland, GA**

- Chair Exercise
- A Matter of Balance fall prevention classes

Call for class times and other wellness opportunities

### **Anytime Fitness - 706-865-6461**

**1801 Hwy 129 South, Suite A-C, Cleveland, GA**

- Cardio and strength equipment
- Personal Trainers
- Wellness Programs



# Northeast Georgia Fall Prevention Coalition



**LEGACY LINK**  
Area Agency on Aging



Northeast Georgia Medical Center



**Brenau University**  
1878

**Ivester College of Health Sciences**



**HALL COUNTY**  
Library System



**FRANCES MEADOWS**  
AQUATIC AND COMMUNITY CENTER  
GAINESVILLE PARKS AND RECREATION



J.A. Walters Family YMCA



**amedisys**

HOME HEALTH • HOSPICE • PERSONAL CARE



**Preventing Falls One Step at a Time**

