



## **Support a program for the elderly and disabled.**

Turning Point Healing Retreat Center (TPHRC) has been holding healthy movement classes for the elderly and disabled in this under-served area for over two years. We need your support to continue this work. A Donation of \$15,000 will enable TPHRC to provide 6 classes per week (\$50 per class) for an entire year. Classes include flexibility (yoga), mobility (Fun-Fit) and strength training (Sit-Fit).

Classes run every week, with an occasional exception on a major, national holiday. The goal is to have an active, full calendar of many events, activities, and classes available. These classes have been proven to decrease pain, increase activity, and improve the quality of life for the elderly and disabled, as well as decrease the use of prescription pain medications. Local physicians are recommending the TPHRC classes to their older patients.

This program started with a "Combating Arthritis Pain" research project, completed in October of 2018. It was a wonderful success and the decision was to open the classes to ANYONE suffering from pain, limitations, and disabilities. The area has a very high rate of diabetes, obesity, heart disease, arthritis, Parkinson's disease, MS, and other ailments. This program provides healthy movement classes in a poor, under-served community that has nothing like this available in the county.

As TPHRC begins a new year of classes, the support of others is needed. It is a 501(c)3 corporation that provides classes, workshops, and access to holistic practitioners throughout the year. For more information, please visit [www.TurningPointHealing.org](http://www.TurningPointHealing.org) . If you, or your organization would like to sponsor or contribute to this program, or if you would like any other information, please contact me directly.

Sincerely,  
Ruth H. Brown, President  
Turning Point Healing Retreat Center  
Office: (434) 808-1575 Cell: (518) 256-4933  
[RBrown@TurningPointHealing.org](mailto:RBrown@TurningPointHealing.org)



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