SASH Panel Profile
Whitcomb Woods/Terrace

SASH Partners
Cathedral Square
Champlain Valley Agency on Aging
Howard Center
VNA Chittenden/Grand Isle

Panel Age
4 1/2 Years

Panel Size
123 Participants
Including 18 Community Participants

SASH Success: Stories shared after “Exercise Your Being” class

SASH participant, Polly, reported her elbow had been “locked up” and unable to extend since 2009. After two months of the “Exercise Your Being” class, Polly was excited to show SASH team members that her range of motion had improved and how she could straighten her elbow once again.

Leah, SASH Participant, had been managing her diabetes and blood sugar levels with Metformin 1000mg twice daily. She was also very excited to start the “Exercise Your Being” class. When Leah told her primary care provider about her plans to take the class Leah received a very enthusiastic response - and a reminder to stay hydrated. Since starting the class she has lost weight and decreased her Metformin to 500mg twice daily. Leah shared, “With my weight coming down, my sugar coming down… I feel really good about myself right now.”