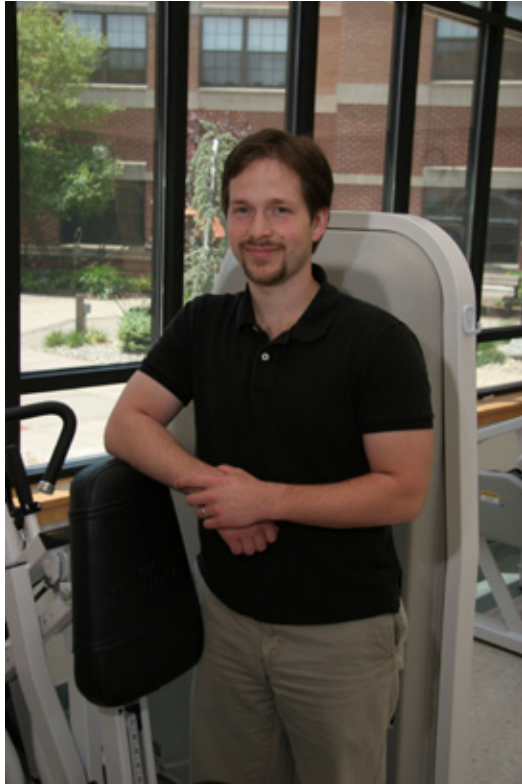


Community Chest of New Britain and Berlin Supports Good Life Fitness Programs



Pictured at left: Robert Schmelzer, Good Life Fitness Exercise Physiologist

The Community Chest of New Britain and Berlin, Inc., the long-time local grantmaking organization which announced its re-formation early in 2009, has issued its second round of 2009 grants to local nonprofits. The Chest's 14-member board voted to give a total of \$31,189 in funding to Central Connecticut Senior Health Services, FoodShare and Hospital for Special Care.

Central Connecticut Senior Health Services was granted \$5,000 to provide 20 full or partial scholarships for Berlin and New Britain seniors who cannot afford to participate in the Good Life Fitness program. Good Life Fitness serves local seniors recovering from an injury and/or illness, as well as those experiencing a decrease in flexibility, an increase in falls, back

pain, chronic pain or decreasing fitness.

If you would like to find out more information about how you can access scholarships, contact Robert Schmelzer, Exercise Physiologist at Jerome Home, 860-229-3707.

Central Connecticut Senior Health Services is a not for profit member of Central Connecticut Health Alliance.