Health & Wellness

Berks Encore, in collaboration with other health-related agencies and organizations, promotes the health of older Pennsylvanians by providing information, programs and activities that encourage people to maintain a healthy lifestyle and prevent injuries and disease. We offer a variety of activities tailored for seniors, such as:

- Aerobics
- Aquatic Fitness
- Bowling
- Dance & Flexibility
- Line Dancing
- Pilates
- Strength Training
- Table Tennis
- Tai Chi
- Volleyball
- Walking
- Yoga

Berks Encore also provides a series of health talks and programs focusing on issues that are pertinent to adults aged 55 and better. Topics may include:

- General Health: Exercise and Nutrition
- Injury Prevention
- Medication Management
- Mental Acuity

For more information, or to schedule an appointment, visit us on the web or call:

Berks Encore
40 North 9th Street
Reading, PA 19601
p: 610.374.3195
f: 610.374.3483
BerksEncorePA.org

Help Us Help . . .

We appreciate your help. If you would like to become a volunteer or make a donation, please fill out the following information and return it to Berks Encore.

Name:

Address:

City/State/Zip:

Phone:

Email: