



The nation's leading live and on-demand senior wellness & fall prevention resource

With over 120 web-based classes led by award winning experts such as Dr. Debra Rose at your fingertips, we help wellness programs like yours boost participation, increase quality control and provide measurable outcomes. Now available with in-room access—it's an easy, affordable way to get everyone moving.



Purposeful Fitness



Dementia Engagement



All Levels of Care



Brain Health



Meditation & Relaxation



Fall Prevention

Incorporate a Fall Prevention program with proven results

Access programs for stress relief, brain health, and fall prevention—proven to reduce falls by 25% in the first 90 days! Mind, Body, Spirit and Memory Care classes are intuitively categorized at every ability level. Designed to fit any budget.

Group and in-room availability

Classes can instantly be activated throughout the entire community, allowing you to maintain or raise quality and provide continuity. With new classes released every month, training videos for staff and marketing support provided, Spiro100 is the wellness program that keeps getting better. And we provide usage reports to show it.

Find our full program on:



Enhance your wellness programs with minimal resources

Empower staff to drive participation vs. curating and planning programs. Team members can lead classes with confidence—using a TV or live instruction, you choose. Ongoing content updates, training and marketing support provided. We're the wellness program enhancement you've been waiting for.

Fit any budget — save money

The program is very easy to setup and use without any bulky equipment to purchase or install, making it affordable for any budget. Eliminate scheduling snags, increase fitness offerings—frequency and variety—without extra cost! Visit spiro100.com/live-classes today to register for one of our upcoming live classes!

Get a taste on:



Contact: Debbie Hounshell at DHounshell@linkageconnect.com or (513)668-7454
 Website: www.spiro100.com - Promo code: **Link21** for 10% discount